FARNBOROUGH & CAMBERLEY C.C.

Newsletter – September 2018

Welcome to the latest edition of the club newsletter.

After your editor's summer holiday, we're back with a bumper edition to catch up with the news over the past two months. Talking of catching up, we're planning some changes in the way that we deliver news to you, our members. The newsletter has grown over the past year or so and we'd like to try some different formats to pass on club news in smaller, more frequent, more digestible pieces. This will include putting more news articles on the website as well as Facebook, with options to be able to sign-up/opt-out for emails regarding such articles. Look out for more information on this in the very near future, and feel free to contact us at newsletter@fccc.org.uk with your views on how you'd like to receive club news. Read on and enjoy!

New Members

A very warm welcome to Deborah Coren, Caroline Goward, Sam Wilson, Akshit Nashine, Jonny Fleming, Sam Arnold, Kevin Duffell, Nick Davies, Graham Ellicott, Doug Knight, Gideon Stephan de Clercq and Audrey Ponting and Ekke Piirisild, who have all recently joined the club.

Committee Vacancies – one filled, one still to go

We're delighted to welcome Scott Heyhoe onto the committee as our new Membership Secretary. Scott will have an important role in making sure that new member signups and existing member renewals go smoothly, and we'd like to thank him for stepping up for this.

We still need a new general secretary for the committee. If you can spare some time to help the club behind the scenes, then please email committee@fccc.org.uk and we'll let you know what's involved. This is not an onerous role so please, if you can, do help us all share the load.

Happy 90th Birthday to Ron Osborne!

Many happy returns to our oldest member and long-time stalwart of FCCC, Ron Osborne (above right), who celebrated his 90th birthday on Friday 31 August 2018.

Ron joined us way back from the Kingston Phoenix CC along with Chris Thain (sadly no longer with us) and Ron Taylor who fondly remembers riding a tandem 30 mile race with him many years ago where they won a medal. Maybe not the most famous ever "Two Ronnies" but probably so on a tandem.

Ron continues to give up his time to support the club in his role as honorary auditor and was the club secretary for several years but is probably better known for his long stint, until just a couple of years ago, as a timekeeper in club, local open events and National Championships time trials.

To mark the occasion, the club bought Ron a book on the history of cycling, and above you can see Dick Poole (another one of our stalwarts, of course) presenting it to Ron.

We wish Ron a very happy birthday and many more to come!

Club Night

The next club night is Friday 7 September, and will be based around a talk from local osteopathic consultant Alex Watson on the subject of preventing cycling injuries, self-help and treatment. This will be an ideal opportunity to get some expert advice for free. Alex will explain cycling injuries and have a discussion on the subject with those present. He will cover tightness, immobility, and all the way through to pain and serious injuries. So please come with any issues and questions ready for Alex and his team. This should be of benefit to all riders: social riders, road racers and time triallists.

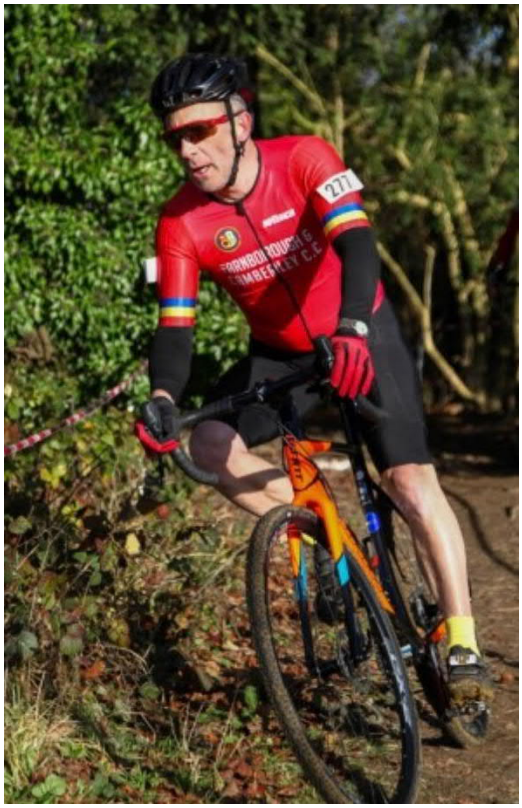
As usual for club nights, sizing samples of club kit will be available to try on.

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

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

October Club Night – Scott Heyhoe – Cyclo Cross

Welcome back from the beach! If you thought that you'd never cycle through sand, think again! One of the many attractions of cyclo cross is the range of obstacles you have to ride through or over. There are the obligatory planks to run over - or ride if you're good enough. One organiser, on an otherwise easy course, had 40 tonnes of sand delivered to make for a beach section.



Hopefully there are no obstacles to you giving cyclo cross a go. Under-8s to over-50s, boys, girls, ladies, men all have fun at cyclo cross. Come and hear all about how to get started.

Beer and frites provided - Belgian style!

Friday 5 October, 8.30pm. All Saints Church Hall, Chapel Lane, Farnborough GU14 9BW.

Mountain Biking

We don't often report about mountain biking, but it's something that a lot of our club members are involved in. If you do have mountain biking news or other items that you'd like to promote, then please get in touch with the club committee – it's not that we don't want to talk about MTB stuff, it's just that we haven't had anyone step forward and say that they want to help us out with this.

Ollie Rastall is one of our members who takes part in mountain bike races, and he achieved an excellent third place last month in a British Cycling event in Winchester. Well done Ollie!

15 July 2018 – Matterley Basin, Winchester – Southern XC #4

1	Jules Birks	VC Londres
2	Andy Weames	
3	**Ollie Rastall**	**Farnborough & Camberley CC**
4	Luke Kennard	
5	Hayden Wood	
6	Andrew Snowball	VC Londres
7	Daniel Atkins Didcot	Phoenix CC
8	Nicholas Try	WDMBC/Specialized Ruislip
9	Robert Midmore	Mud, Sweat n Gears CC
10	Simon Chainey	Mud, Sweat n Gears CC

Club Kit

Ordering status: awaiting delivery of the last set of orders, and taking expressions of interest for new orders. At the time of going to press, £300 of further pre-orders are needed to open the next order window.

If you would like to order kit, please contact clubkit@fccc.org.uk to register your interest. Once we have enough expressions of interest to exceed the minimum order value we will ask everyone to confirm their orders and to pay, and then we will place the order with Bioracer.

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 price lists **VAT is not included**, so **you'll need to add that on** yourself when submitting an order.

Town Centre Crit Racing – by Ollie Rastall

Off the back of the long and hot 60 mile Lingfield Road Race where I sneaked a point placing 15th, it was time for a racing of a completely different kind.

Town Centre Crit season was upon us and having missed out on my home town crit in Winchester last month, I was determined to make the most of both Guildford and Farnham.

Guildford

So it's really hot right now as I'm writing this. 27/28 degrees Celsius seems to be norm of late so I won't bang on about the heat as it didn't affect the races, only in a positive way in bringing out the crowds.

There was a lot of chat about the big hitters playing their part at Guildford and they certainly did that. It was cool to line up with the Canyon Eisberg boys (and other Elite riders), even if it did blow away any chances of points.

With this wide gulf of ability across the E12 race, a select few had a 1/2 lap handicap. This enabled me and the other pretenders to delay the inevitable; getting lapped by the front groups and bowing out to clear the course.

Photo courtesy of Nick P Photography

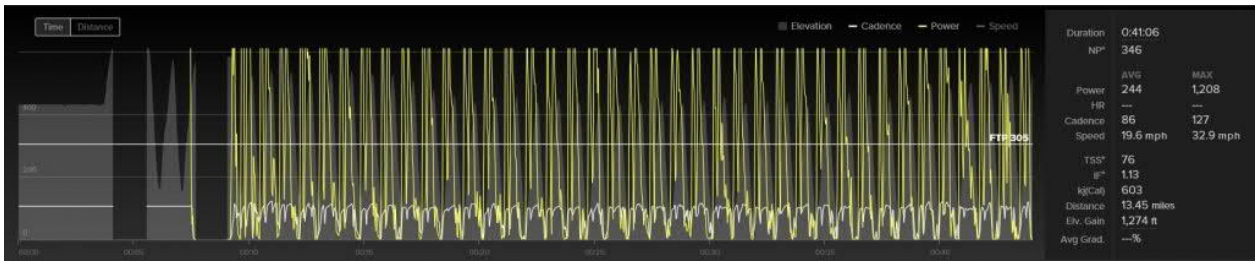
However, I put in a lung-busting 40 minutes of cobbled intervals and stayed upright despite some bouncy tyres on the fast tight corners, so was happy that I didn't retire out of choice.

Go Deep

As ever with these races, the pace is frenetic from the whistle and then it becomes a power file of two halves; recover down the back descent (about 1/3 of the course) then put the hammer down along the flat side street that pops you out onto the cobbled high street incline where you bury yourself until you eyes bleed and you hit the top corner, rolling into the gentle descent to catch your breath. Repeat!

These high intensity repeated efforts suit me quite well, and whilst I was out of my depth in the field I was hell bent on leaving nothing in the tank, wanting to prolong the experience for as long as possible.

After receiving our instructions to leave the course, the remaining 10 or so laps played out with Max Steadman pulling away to win by the best part of a whole lap. Seeing who was on his tail, this was seriously impressive stuff.



Power data

Farnham

Looking at the start sheet I was more optimistic of my chances for points than Guildford, but with a strong field it seemed unlikely. On the ride over from Fleet, I did a few openers and my legs weren't there. Couple this with a baby who'd decided not to sleep the previous night and I was already justifying a nil points result in my head.

As with last year, I wasn't that smart in finding a front row slot on the start line and then two guys I did choose to line up behind had awful starts; one couldn't clip in and the other kept slipping his chain. Seconds of their fumbling felt like minutes. The drama had already started!

Therefore, I was forced into chase mode immediately. I'd not even got up to speed as I saw the group string out and enter the first corner across the broken road surface. But you know what to expect so you just dig in and ride out the fact you've taken your body from a resting heart rate to knocking on the door of anaerobic heaven and hell.

Sh*t or bust

I could see that the big hitters had already split the field. As I'd come round one corner, I'd catch up a glimpse of them sling-shotting round the next corner. Between them and me was the second group. No wheel to follow. I had to find one, quick.

I buried myself for lap after lap to get onto this chasing group and was dangling perilously. Knowing that the match box was running close to empty, my race would have ended prematurely had I not got on as I was burning my gunpowder at an unsustainable rate.

Eventually I reeled them in and took my opportunity to recover, staying on the last wheel for a few laps before moving up the group during one of the few opportunities.

We chased down the front group (I say 'we', Mr Ranoe basically chauffeured us there) whilst shedding a few off the back as the screw was turned. Several crashes saw some of us leap into the points positions (1-15) and with helpful snippets of information coming from the crowd, tactics became clear; stay upright, don't take too many risks but ride on the limit when you have to.

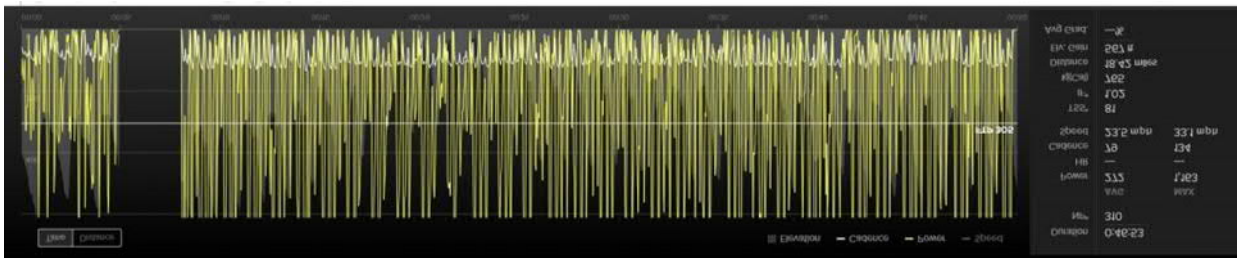
With 5 laps to go the field had thinned to 9 and would remain that way until the chequered flag. In all honesty, I didn't hear the bell (but I heard lots of cow bells) and didn't see the lap board once so was blissfully unaware that we were on our final lap. A few moves were made but with limited overtaking opportunities, the order of merit stayed pretty constant.

Video - http://ollierastall.com/wp-content/uploads/2018/07/IMG_0494.m4v

The lads in front of me took the final corner quicker than me (I'm just wanting to stay upright) and thus opened up a small gap to the finish.

In the end, I came 9th which is hugely satisfying and rewarding.

Support was raucous as always and the cow bells help create a buzz (if also a little confusion). Having a few mates from the club or chaingang groups dotted around the course meant I was hearing my name several times per lap which definitely ekes out a few extra watts. Cheers everyone!



Power data

Novelty

I highly recommend people enter town centre crits races. Why? There are so many reasons:

- How often do us amateurs have spectators lining the course shouting your name, shooting videos and taking pictures? Never!
- Iconic medieval towns are turned into a cyclists playground for the night – with no traffic
- Your body gets pushed to new levels of pain that you then take into your other races. You learn how to go deep and hurt!
- Bike handling skills improve and you quickly grasp the limit of your equipment in a way less demanding races don't require you to
- Great exposure for your club
- You line up against quality riders who you can learn from and take inspiration from

Will I be back in 2019? All over it.

Long live Town Centre Crit racing!

Road Racing

It's been a very busy and successful couple of months for the road race team. You can see their best results below (they competed in many, many more races than we have space to cover), but highlights include Ollie Rastall scoring the first National B points for the club for a very long time, Warren Vye gaining his Cat 2 licence and a very fine 11th place finish in the British Cycling National Masters, plus a superb final ranking for the club in the Surrey League (8th out of 54 clubs in the area). Also, two members were flying the club flag in local town centre criterium races, Nick Hale (Guildford race) and Ollie (Guildford and Farnham races).

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.

8 July 2018 - Farnham Town Centre Races – National B E12

1	Alec Briggs	TEKKERZ CC
2	Oliver Richardson	Twickenham CC
3	Benjamin Marks	Morvelo Basso RT
4	Red Walters	Sotonia CC
5	Matthew Webster	
6	Damien Clayton	
7	Will Ranoe	Morvelo Basso RT
8	Jack Saunders	Rapha Cycling Club
9	**Ollie Rastall**	**Farnborough & Camberley CC**
10	Chris Martin	RMNC

21 July 2018 – British Cycling National Masters Circuit Race Championships, Rockingham – E(50-54)

1	Martin Webster	Welland Valley CC
2	Mike Smith	Rapha Cycling Club
3	Gavin Francis	London Dynamo
4	Simon Brooks	VC St Raphael
5	Philip Heath	Ashfield RC
6	Robin Parker	East Grinstead CC
7	Michael Skipsey	
8	Andrew Lowe	Team Corley Cycles
9	Gianluca Cappello	Meudon Sovereign Pedal Heaven
10	Neal Preston	Team V-Sprint Racing
11	**Warren Vye**	**Farnborough & Camberley CC**

10 August 2018 – Lee Valley, Full Gas Masters 50+ #5

1	Trevor Ormes	Rapha Cycling Club
2	Robin Parker	East Grinstead CC
3	Olly Kan	Team V-Sprint Racing
4	Andrew Buurman	Rapha Cycling Club
5	**Warren Vye**	**Farnborough & Camberley CC**
6	Nigel Stephens	Team Terminator
7	Robin Osborne	London Dynamo
8	Andy Bathe	Cambridge CC
9	Billy McNamara	Clarencourt CC
10	Toks Adesanya	

18 August 2018 – Hillingdon, West Thames Saturday #2 – Cat 3

1	Timothy Lynch	
2	Peter Chapman	Thames Velo
3	John McCormack	Islington Cycling Club
4	Max O'Connor	Thames Velo
5	**Luke Stratford**	**Farnborough & Camberley CC**
6	Noah Faiers	The Cycle Room
7	Harry Hardisty	Thames Velo
8	George Galbraith	
9	Alexander Matthews	Wheelsuckers
10	Paul Dutton	Lky7 SD Racing Team

27 August 2018 – Preston Candover, LVRC Toachim Vets/PS+ Cyclewear #10 – D

1	Craig Wilson	Meudon Sovereign/Pedal Heaven
2	Rob Cranstone	GS Vecchi
3	Andy Redding	I Team CC
4	Joe Gardias	Baines Racing
5	Nigel Carpenter	GS Vecchi
6	Tim Costello	GS Vecchi
7	**Tony Clack**	**Farnborough & Camberley CC**
8	Ian Glen	In Gear

29 August 2018 – Mountbatten Centre, Portsmouth Evening Circuits – E12J

1	Lewis Atkins	TAAP Cervelo
2	Matt Allsop	Wightlink Wight Mountain CRT
3	Jake Yarraton	Morvelo Basso RT
4	Frank Kilsby	VC St Raphael
5	Harry Johnson	Hub Cycleworks
6	Jacob Aries	Primera-TeamJobs
7	**Nicholas Hale**	**Farnborough & Camberley CC**
8	Patryk Rucki	Sotonia CC
9	Luis Countinho	Racing Club Ravenna
10	Simon Brooks	VC St Raphael

Surrey League

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

For 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:

29 September Ardingly

11 July 2018 - Dunsfold Park Vets Series #11 - MC/MD - 30 miles

Photos courtesy of Surrey League

1	Paul Pickup	Meudon-Sovereign-Pedal Heaven RT
2	Keith Henderson	Southborough & District
3	Andy Critchlow	Norwood Paragon CC
4	Simon Jodrell	Morvelo Basso RT
5	Simon Laws	GS Vecchi
6	Jason Edwards	Southdowns Bikes CASCO pet Racing Club
7	Ken Prince	Meudon Sovereign Pedal Heaven RT
8	**Luke Stratford**	**Farnborough & Camberley Cycling Club**
9	Gary Tulloch	PB Cycle Coaching Racing Team
10	Pascal Roberts	The Cycle Room

18 July 2018 - Dunsfold Park Vets Series #12 - ME/MF/MG/MH - 30 miles

1	Dave Larcombe	Pedal Heaven RT
2	Gavin Francis	London Dynamo
3	Richard Prebble	CC Basingstoke
4	Andy Blackman	VC Meudon
5	**Warren Vye**	**Farnborough & Camberley Cycling Club**
6	Jon Spiers	Private member
7	**Scott Heyhoe**	**Farnborough & Camberley Cycling Club**
8	Nigel Powell	VC St Raphael
9	Andy Grant	GS Vecchi
10	**Tony Clack**	**Farnborough & Camberley Cycling Club**

26 July 2018 – Staple Hill Handicap #14 – E1234 – 30 miles

1	Nick Sturman	Unknown Rider Development Team
2	Jamie Francis	Worx Factory Racing
3	Matthew Ferguson	Redhill Cycling Club
4	**Ollie Rastall**	**Farnborough & Camberley Cycling Club**
5	Jack Wyllie	Norwood Paragon CC
6	Gavin Francis	London Dynamo
7	Jake Roe	Private member
8	Alex Yeldham	VC Meudon
9	**Mark Nuttall**	**Farnborough & Camberley Cycling Club**
10	Spencer Jackson	VC Meudon

Surrey League Team Rankings (54 teams)

1 Meudon Sovereign Pedal Heaven RT	540	11 WyndyMilla	137
2 Crawley Wheelers	476	12 Morvelo Basso RT	134
3 Southdowns Bikes CASCO pet RC	444	13 Worx Factory Racing	133
4 Kingston Wheelers	278	14 Paceline RT	122
5 Blazing Saddles	265	14 Charlotteville CC	122
6 VC Meudon	228	16 GS Vecchi	120
7 Norwood Paragon CC	222	17 VC de Londres	113
8 Farnborough & Camberley CC	**183**	18 PB Cycle Coaching RT	112
9 Addiscombe CC	154	19 Unknown Rider Dev Team	103
10 London Dynamo	147	20 Maison Du Velo	101

Surrey League Dunsfold Park Vets - Final Rankings after 12 rounds

40+ Rankings (56 Riders)

1 Simon Laws GS Vecchi	57
2 Simon Jodrell Morvelo Basso RT	57
3 Steve Calland Southdowns Bikes CASCO pet RC	54
4 Andy Critchlow Norwood Paragon CC	53
5 Gary Brind Southdowns Bikes CASCO pet RC	47
6 Paul Pickup Meudon Sovereign Pedal Heaven RT	44
7 Simon Mcnamara Southdowns Bikes CASCO pet RC	40
8 Anders Christensen Meudon Sovereign Pedal Heaven RT	31
9 Jason Edwards Southdowns Bikes CASCO pet RC	28
10 Ken Prince Meudon Sovereign Pedal Heaven RT	27
11 Austyn Tusler Norwood Paragon CC	23
12 Chris Parker VC Godalming & Haslemere	21
13 Dean Corney Meudon Sovereign Pedal Heaven RT	20
14 Dominic Maxwell Worthing Excelsior	14
15 Luke Stratford Farnborough & Camberley CC	**13**

50+ Rankings (42 Riders)

1 Gianluca Cappello Meudon Sovereign Pedal Heav	74
2 Craig Wilson Meudon Sovereign Pedal Heaven RT	67
3 Andy Blackman VC Meudon	57
4 Paul James Crawley Wheelers	55
5 Dave Larcombe Pedal Heaven RT	50
6 Jeff Lamb VC Meudon	44
7 Warren Vye Farnborough & Camberley CC	**37**
8 Gavin Francis London Dynamo	24
9 Paul Hone Addiscombe CC	23
10 Scott Heyhoe Farnborough & Camberley CC	**21**
11 Tony Clack Farnborough & Camberley CC	**19**

FCCC Time Trial Team

Open TT Results

Oxonian CC (BBAR) 25m H25/17 - 1st July 2018

James Goward	12th	0:55:42

Oxonian CC 10m H10/17R - 14th July 2018

Nick Cosgreave	53rd	0:25:35

Hounslow & District Wheelers (BBAR) 25m H25/8 - 15th July 2018

Vernon Schutte	55th	1:10:01

Hampshire Road Club 10m P881 - 21st July 2018

James Goward	25th	0:20:42

Reading Cycling Club 10m H10/1 - 28th July 2018

Nick Cosgreave	31st	0:25:29

Epsom CC 10m H10/8 - 4th August 2018

Jeff Davis	30th	0:23:13
Nick Cosgreave	47th	0:25:23

Oxonian CC (BBAR) 50m H50/17 - 5th August 2018

Vernon Schutte	35th	2:33:15

RTTC National 25 Mile Championship (South DC) 25m P884C - 5th August 2018

James Goward	87th	0:54:20

North Hampshire RC (Inc Wessex VTTA Championship) 25m H25/8 - 11th August 2018

Jeff Davis	40th	1:00:16
Vernon Schutte	74th	1:11:19

Reading Cycling Club (BBAR) 50m H50/1A - 19th August 2018

Vernon Schutte	35th	2:33:15

Sussex CA 25m G25/49 - 28th August 2018

James Goward	5th	1:00:02

The last of our Thursday night club TTs is on 6 September at the earlier time of 6:30pm and we move on to our winter schedule of monthly Saturday morning TTs starting with the **Club 25 Mile Championship on Saturday 8 September** starting at 10:00am on the H25/88 course, where there are trophies for the faster senior man, lady and veteran.

The **Club Hill Climbing Championships** also take place this month on **Saturday 22 September** on the Holybourne Hill course where we're hoping for a good turnout right across the membership, time trialists, road racers and social riders alike. Come and give it a go, it's only 1.5km.

Club races for September:

Date		Course	Distance	Time	
6 Sept	Thursday	HCC255a	8.5	18:30	
8 Sept	Saturday	H25/88	25	10:00	**25 Mile Club Championship**
22 Sept	Saturday	HHC018	1.5km	10:30	**Hill Climb Championship**

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

Club-Run Open Events

8 December	H10/8	10 miles	10:00	**Xmas 10 – fancy dress encouraged!**

Get Involved!

If you are interested in Time Trialling, come to one of FCCC's own regular local events (full list here). 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 - North Hants RC H25/8 11/8/18

Back on the familiar local circuit of the A31 I was hoping for good things. It was an afternoon event and I was in the middle of the field at number 58. This gave me the morning to check over and tweak the bike a bit and relax before the off.

Riding over gave me a chance to check the wind conditions. The forecast was for a southerly wind of 11mph with gusts of 16mph. This meant a strong crosswind all the way to Alton. It was going to be tough.

To be honest I don't remember much about this ride. It was hard going and it took a lot of my energy to go into the wind. I was working on the principle of trying to get as near to my FTP of 208 as possible as it was going to take just over the hour to get round. Looking at my Strava figures I managed to do the 10 mile TT course in roughly the same time for the 2 laps of it that the 25 mile course follows. Just over 28 minutes each lap.

The downwind sections didn't go as well as I wanted as once again my strength seemed to be fading and I was trying to conserve it for the return into the wind. My finishing time was 1:11:19 again, just scraping inside my Veteran Standard. My average power was 190W so I achieved the power output I wanted but not the speed. My position was 74th from 82 finishers. It was a hard day and a lot of the other riders struggled as well and we were all grateful to finish. Jeff Davis managed 40th place in a time of 1:00:16 . He just didn't have the legs to get under the hour. There were lessons learnt to take forward to the next trial.

Reading CC H50/1A 19/8/18

A week later and I am up to Aldermaston for an 8:12 am start on a 50 mile circuit on the A4.The course runs between the edge of Thatcham and the large roundabout before Theale. It is mostly single carriageway with a small section of dual carriageway. The start and finish are in the middle section, a bit like the Bentley course. A lap is 15 miles and the course runs from the Theale roundabout in a South West direction for 4 miles and then turns due West for 3.5 miles.

The course profile is fairly flat as it runs along the Kennet river valley. From the start there is a downhill run into Woolhampton from which you exit via a short incline, and then a small gradient out to the turn via a roundabout at Midgham. Follow back the way you came and pass the start line, heading on towards Theale via another roundabout at Aldermaston Wharf. All in all a straightforward course that I hoped would give me a good result.

Bearing in mind current form I was aiming to average 20+mph and get in under 2 1/2 hours. Over my

Vet Standard time but I wasn't worried about that. The weather on Sunday morning changed all that, a cloudy day with temperatures of an average 19C, all bearable but with a South West wind of 13.5mph gusting to 26mph. This meant the Theale to Woolhampton stretch was full on headwind and the other section would be a strong crosswind. The return leg would be wind assisted but only on the open section towards Theale.

I set off down the slope fiddling about with my visor as I realised I had started with it clipped up out of the way and had to put it on the right way up. Good start, dummy! Then over the distance to the first turn I pushed hard into the wind at an average of 190 watts, my 25 mile pace, but I figured I could recover on the downwind leg. Round the turn and my speed creeps up to an average of 22+mph peaking at 25mph for sections for only 174 Watts average. Not only is there a tailwind but there is a section of about 3 miles that has just under -1% gradient. It means I can hold a good speed and save energy for the return leg.

I make the turn at Theale and bang the headwind hits me! I drop 2 cogs at the back and get as low as I can on the extensions. This is a slog, 7 miles of strong wind and a variety of gradients. I push along trying to hold 180-190 Watts and manage to hit just under 18mph average.

I am back at the turn and relax a little. I know this stretch now and keep my speed up gaining a few seconds on my first run. The fast boys are coming past at high speed taking as much advantage of the gradient as they can. Take the turn and back into the wind - this is hard. The run back seems to take so much longer but is in fact only 40 seconds slower. My heart rate has jumped up from 147 to 160 until I get onto the westbound section where there is an easing of the wind and it goes back down to the mid 140's.

Turn at Thatcham and try to get my speed back up. It's a struggle as I aim to maintain a good pace without using all my strength for the return slog. A little bit of a rally as I make the final approach to the turn and accelerate onto the roundabout with no traffic to bother me. Into the wind and I lose 7mph immediately, I try my hardest but my resolve is losing the battle.

About 2 1/2 miles in and I start losing focus and realise that I am down to 14mph on what is basically a false flat. Re-engage brain and put in a bit more power, it had dropped to 90W. The whole episode lasted less than 30 seconds but it definitely focused my attention. Past the start line for the last time to a cheer of encouragement from number 11 who had finished way ahead of me and was making her way back to HQ.

I made my way to the turn feeling so exhausted and once round it knowing there was only 1 3/4 miles seemed to find the energy to bring my speed back up. With the finish in sight I went for it and even managed to hit 23+mph as I crossed the line. A very gentle ride back to the HQ to get changed and have some coffee and cake. I hadn't long got back to my car when one of the marshals came over for a chat. He had been manning the last junction of the Theale turn and said that watching the riders come into the wind was like watching them hit a wall. He said he thought we had done well to finish in tough conditions.

My finishing time was 2:33:15. Just outside my target but something I was very happy with bearing in mind the wind conditions. There were 47 entrants but 6 were DNS, another 4 who were DNF. I remember passing one of those on my second lap stretching his legs against a lamppost. I felt for him as obviously he had been pushing too hard into the wind and as soon as he made the turn his legs had cramped up.

I finished in 35th out of 37. The course on a low wind day will be really fast as even in these conditions the winner did 1:41:37, and I will return next year to have another go. My next instalment will be early September when I compete in the Welsh Championship 100. I am such a sucker for suffering!

Also see https://www.fccc.org.uk/forums/topic/vernons-report-on-an-outing-to-oxford/

Tour de France trivia answers

Thanks to Chris Bagust, here are the answers to the trivia quiz from the July newsletter:

Who was the first non-French rider to win the Tour?
Francois Faber (Lux, 1909)

Eddy Merckx did not ride the Tour in 1973, meaning that his five wins were not consecutive. Who did win in '73?
Luis Ocana (Sp)

Why is the race leader's jersey yellow?
Probably because the sponsoring newspaper was printed on yellow paper.

Not counting Armstrong, only one rider has won five in a row. Who?
Miguel Indurain (Sp)

Greg Lemond won in 1986 but was absent in '87. Why?
Shot in a hunting accident.

Gino Bartali, winner in 1938 and 1948, was doing something special on his training rides during the war. What?
He was carrying forged documents to aid Italian Jews.

Who was the first non-European to win one of the three main jerseys?
Luis Herrera (Colombia, 1985, Mountains)

Who was the first King of the Mountains, and in which decade?
Vicente Trueba (Sp) 1930s

Stephen Roche (Ire) won the Tour, the Worlds, and what other major event in 1987?
Giro d'Italia

Who is the only other rider to have done this?
Eddy Merckx (inevitably!)

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

Name one of the two Netherlands riders to win the Tour.
Jan Janssen (1968) or Joop Zoetemelk (1980) Zoetemelk also finished second an astonishing six times.

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 – Scott Heyhoe
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

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