

# **FARNHAM ROAD CLUB NEWSLETTER MARCH 2010**

**FROM THE EDITOR:** Despite the first snow the new club year got off to a good start at the New Year 10. It was one of the best turn outs for some years. Some might have even noticed the Editor on his bicycle. A rare sight indeed in recent times. We gathered afterwards at the Bull, little knowing that it was shortly to close its doors. Although it has subsequently reopened we have yet to test the water of a welcome as there is a new landlord. On top of this there was further snow but recent reports of good attendance at the club Sunday run, especially from some younger members, is encouraging for the start of the new racing season on Saturday March 6<sup>th</sup> 0900am. During the off season, the club committee bid to stage the 2011 National 50 mile Championship. On this occasion the bid was unsuccessful and has been awarded to our friends at the Charlotteville CC, who will be celebrating their 80<sup>th</sup> Anniversary next year. I am sure that many of our members will be on hand to assist them with what is scheduled as a two day promotion. The VC Meudon are hoping to have a new road race circuit approved in the Herriad area in time to promote LVRC MStina Jersey Event (No idea what all that means), on April 18<sup>th</sup>. Get your Road Race licence from the Secretary Jim Parker. On a final note attached are the details for the annual trip to the Isle of Wight. Act now! Have you heard the one about the committee member crawling to the pole on all fours? Or who wore a leopard skin leotard? ..... [Colin](#)

**First event Saturday 6<sup>th</sup> March 0900 start.**

## **When I First Started      by Jim Parker**

It's just gone 6 o'clock on a Saturday evening and I'm on the upstairs front seat of a Bradford City Transport double-decker, going home from work. With me, wrapped in brown paper, is my new pride and joy, a 'Pennine' Re Della Corsa bike frame, paid for out of my Saturday earnings (75pence for a day's work: that was pocket money, bike money, any other money I needed. The rest of the week, I was at school. Sunday was cycling day). Frame cost: £16-50. Nearly half a year's money, if I didn't need anything else, but then there were the other components, too.....

I'm happy, but a bit worried. Somehow, between now and about 3.30 tomorrow morning, I've got to build up this frame into a complete bike, ready to race, and fit in some sleep. Next morning, about 25 miles away, I'm riding my first race, a '25', and I start not long after 6.00am. So 3.30 will be time to get up, eat and ride out to the start.

The other bits of the bike, bought piecemeal over about a year, are at home. Most components are new, but the wheels are an old pair of fairly battered sprints that used to belong to one of the local hardmen, Albert Hitchen. Apart from the sprint rims, everything else is steel, so the assembled machine is going to weigh some 24-25 pounds, which, at that time, classified it as 'lightweight'.

So its home, eat an evening meal, and then commandeer the kitchen for bike-building. I finish at somewhere around 10.30, set the alarm and go to bed.

A friend has foolishly volunteered to ride out with me and duly turns up: it's still dark when we leave. It's not a flat ride: Hollins Hill comes early and lasts about a mile, later on there's Harewood Bank, steeper but maybe half the length, then the rolling road out to Wetherby. The handlebars come loose, but fortunately I've brought a few spanners and on we go.

There are no changing rooms: the side of the road is all you get. I get pushed off down the road with no idea of the course and just keep going until I see this lonely figure standing in the middle of the single-carriageway. As I approach he shouts 'turn!' : I don't know whether to turn in front of him or round behind him : not wanting to risk turning short, I opt to go past and turn round the marshal and set off back to the finish. Single carriageway without much traffic, no more than two cars pass me over the whole distance. Finish! 1-05-14. Don't know at the time, but that wins me the Handicap prize : can't remember how much it was, but you had to go and buy something from a bike-shop and send the receipt to the Event Secretary, who then sent you a Postal Order for your prize money.

Race over. All I have to do now is ride home. Same 25 miles back, then. Same hills, just in the reverse direction....Must have stopped for a pint of tea somewhere, Tom's café in Knaresborough or Tommy's in Otley, maybe both. Home by the middle of the day and straight to bed!



**This is his trusty steed. Jim's probably in the bushes!**

## **Matt and Others at the Track by Demon**

Alton Cycling Club have just finished their winter track sessions and I joined in and did four of their seven sessions. I have my own track bike, which is nice, but there are no problems with their hire bikes, except that you have to change pedals and set them up each time. It has taken these sessions to get relaxed into a new style of riding, if you don't keep your wits about you, it would be so easy to take out a bunch of riders. The last session was three hours, and I spent about 2 hours actually riding, and which is about 30-35 miles. I was the slowest in the bunch but had a flying lap of 13.78 and 1000m TT, from a standing start, of 1.56 and which is around 24 mph. Matt Davies joined me for the last two sessions and did very well. The coach said he was the best newcomer junior he had met. Matt's times were 12.32 and 1.38 so I guess that makes him the fastest track rider in FRC this season. Well done Matt.

I do enjoy the sessions and they are very good for winter training. I plan to repeat the sessions next winter, and with some luck can improve on the times. (What about others joining in? Ed.) **Demon**

## **Club Clothing**

Those of you who attended the AGM in November will recall that we discussed the possibility of looking at a new design and manufacturer for our club clothing. Some early exploratory work has been undertaken but before we embark on a redesign the committee feels that it would be good to gauge the membership's appetite for a fresh look. It would also be good to know your feelings on Impsport and whether you feel we should look for a new manufacturer.

Whatever the vote, we are not looking to change the strip this season and possibly not until 2012 (to celebrate the Olympics) and of course you will still be able to use the current design so you can continue to purchase your lycra from Nigel's cardboard box with confidence.

What we would like is for you to e mail me at [charmanpaul@hotmail.com](mailto:charmanpaul@hotmail.com) or write to 51 Liphook Road, Whitehill, Bordon, Hants GU35 9DA.

All I need you to know is whether or not you feel we should redesign the club clothing. If you also have some thoughts positive or negative on Impsport then we would also like to hear from you.

I will publish the result in the next newsletter but I will not mention any names unless you are rude about my general appearance.

**Paul Charman, Chairman**

# Isle of Wight 2010

It is time to dig out the bucket and spade, start knotting your handkerchief and dust off the bikini as we are planning for our annual vacation to the Isle of Wight.

The Vectis RCC are putting on their festival of time trialling over the first Bank Holiday in May. The events start with a 12 mile race on Saturday 1<sup>st</sup> May moving on to a 23 mile sprint on the Sunday morning and finishing up with a 46 mile canter on the Monday morning. The terrain is quite hilly so ideal to get you all fit for the season.

As with previous years, we will be staying at Colwell Bay (close to the start in Freshwater) in a number of bungalows owned by Island View Holidays. These bungalows are spacious and sleep four. The cost is £200 for three nights Saturday, Sunday and Monday which works out at £16.66 per person per night which is pretty reasonable. Of course there is the small matter of the ferry as this will need to be booked separately.

We tend to eat some meals together and there are plenty of pubs and cafes close by so it is a very sociable weekend. As we are really close to the beach it is a great weekend for all of the family.

If you would like to come this year can you let me know as soon as possible so that I can book the bungalows. I will then come back to you for the money a little nearer the time.

You can either give me a call on 01420 475709 or e mail me on the club web site or at [charmanpaul@hotmail.com](mailto:charmanpaul@hotmail.com) or return the slip below.

.....  
To Paul Charman:

We would like you to book accommodation for us on the Isle of Wight this year.

Names.....