

# FARNHAM ROAD CLUB

## NEWSLETTER JUNE 2010

**From the Editor:** The season is now well under way and there have been huge turn outs for the evening races. There have been two successful Open 10's promoted by Deana Rice and John Cooke, together with a band of volunteer helpers. Thanks to you all. The popularity of cycling appears to be on the rise and with it our membership which now stands at 59. The Treasurer is rubbing his hands in glee! The Club has had success with Stuart Morgan winning a Duathlon and Geoff Newman winning a place in his age group at the World Duathlon Championships to be held later this year. I also hear that Huw Lloyd is also into this type of masochism but no results have come my way. There were also 5 representatives in the Charlotteville 50 recently: Jim Parker, Nigel Bicknell, Ian Windall, Huw Lloyd and "Harvey Neighbour". On a sadder note there have been two incidents involving Club Members on the road. David Clifford was struck with a knotted rope from a passing vehicle while cycling through Normandy, thankfully without serious injury and Roger Chapman was brought down by a vehicle while competing in the evening 10 on the 25<sup>th</sup>, sustaining a broken collar bone and some nasty lacerations. We wish him a speedy recovery. Unfortunately on the following evening a lady competitor in the North Hants RC evening 25 was in collision with a vehicle at the Coxbridge round-a-bout. While we do not seem to be at fault it is imperative that we are vigilante to try to avoid incidents particularly while competing in events. Please ride safely and if you pass the editor give him a cheery wave! .....[Colin](#)



**Huw Lloyd**



**Ian Windall**

Charlotteville 50 pictures courtesy of their website.

**MERRY MEN OF SHERWOOD FOREST...a play in three parts on March 6th. By Geoff Newman**

I travelled up to Clumber Park, Nottingham on the Friday afternoon to recon the course for Saturday's duathlon. Looking around at other competitors on a similar mission I began to get the feeling that the morning would see 749 very fit athletes plus me taking part in the National Duathlon Championship! Julia's day was made when she spotted a lycra-clad James Cracknell next to us in the car park. "Wow, he's big" she exclaimed. I haven't the faintest idea what she was talking about!!

I began to think that choosing a high profile event like this for my first outing over the "classic" distance (10k run/ 40k bike/ 5k run) had perhaps been a mistake, but I was here now! The forecast for the morning's weather was very cold, but at least it was going to be dry.

Wake up in the morning to pouring rain...and it is still very cold. Breakfast in room and set out for course to sign on at 7.30a.m., for 9a.m. start...749 other people doing likewise so start is delayed for 15 mins. We finally set off in waves of competitors in age groups. I am with others of near pensionable age including our very own Ian Howard (Ian White should have been there too, but claims that "jet lag" on return from Lanzarote precluded attendance...I think he had insider information about the likely weather conditions and saw sense).

First 10k run didn't go too badly....two 5 k laps predominantly uphill on way out and thus (or so they tell me) downhill on return leg. Probably lying somewhere midway in my group, so not too bad so far. Change into cycling shoes and out onto the two lap bike course. Nothing hilly, but not flat either. Soon aware that lack of training miles on the bike are beginning to tell. Seem to be travelling at fairly slow touring pace, but others are going even slower!!

Into transition for the second time...leap from bike and both calves cramp up. Hobble to rack bike and bend down to get back into running shoes...surely my legs can't have grown, but seem to struggle to reach feet!! Now get cramp in stomach that thankfully goes away as quickly as it arrives. First few strides into run and quads seem to be seizing up. More by luck than judgement get running again, but it must be as amusing to watch as it is painful to execute...something

akin to an inebriated Bambi crossed with Mr. Bean. How am I going to get round another 3 miles like this? Receive a cheery wave and shout of encouragement from a beaming Ian Howard who is travelling smoothly, nearly finished already and on his way to winning our age group. Try to smile back, but fear it was more of a grimace. Surely nobody else can be running this slowly? Wrong...I begin to overtake people some of whom are reduced to a slow walk. Eventually enter the finishing straight and try to raise a sprint, but more than anything I am grateful to have survived.

Like many of these events, you enjoy them once they are over. I entered believing myself to be reasonably fit, but it's all relative. Would I do it again?: well, I am due to attempt a similar distance event in Cambridge in early May with a "short" event at Goodwood mid April...hopefully, as they say, "things can only get better".

## **HOBBY HORSE**

## **Editor**

This is a new feature this time and is one where you may sound off about anything to do with cycling, within reasonable bounds that will be determined by the editor.

My beef is Non Starters in Open Time Trials. The marshals have been enticed with the lure of tea and cakes, event secretaries have cajoled volunteers for result boards, kitchen duty and putting up signs and themselves have had sleepless nights with the paperwork. Then what happens 17 out of 72 do not take the start and there are large gaps with patient souls waiting in the rain? Then again even when the sun shone there were an equal number of failures to turn up.

While I accept an occasional injury or unexpected working shift, these numbers are a disgrace.

Well that's off my chest. If you have one send it to me at [mitch56@btinternet.com](mailto:mitch56@btinternet.com) or ride over to my house at 1 Azalea Avenue, Lindford with a written copy.

## **CLUB COLOURS**

Last month you were asked to contact the Chairman, Paul Charman to tell him if you supported a change of Club Strip or not. Unfortunately there was a pathetic response to this. From 59 members there were 9 e-mails and one verbal

**contact. 6 voted for a change, 2 said they had no preference and 2 voted against a change. There were 49 abstentions! Where this leaves us is unclear and the committee will need to discuss the next step and perhaps it will need to go to the AGM when perhaps there will be a proper motion put in advance with proposer and seconder with suggestions of what a kit might look like, where it can be obtained and importantly the cost especially as many members have spent a lot of money on the current kit.**

## **WINTER TRAINING CAMP**

**Nigel Bicknell**

**For the past six years I have been on the Graham Baxter Vets and Ladies Training Camp in Costa Blanca Spain, either Denier, or Albir, and one year it was further north at Benecassim. I usually meet up with Barry, a friend of mine I met up with on my first year, and we now meet up there each year, as we are of similar abilities. Paul Barber has been with us a couple of years but had family commitments this year and could not come.**

**The camp splits up into ability groups, with a leader, but I know the area and the rides, so this is not so important to us, and Barry and I did some of the rides this year on our own. A typical day will involve 50-60 miles, and the structured rides are often a mix of flat/hilly or hard/easy alternate days. There are lectures, but we tend to skip these, as we have heard them before, but the real leaning comes from talking bikes all week, with like minded people. The accommodation in Albir is a 3 star complex with breakfast and full evening meal. Lunchtimes we tend to stop at a cafe in the mountains, or on the seafront, and have a beer and sandwich. We usually leave around 10.00am and get back to the hotel around 3.00pm. The highlight then is often riding 4 miles into Benidorm and sitting on the seafront with another beer and a banana split. There are no larger louts there this time of the year. There are some super mountain rides, including up to Guardalest, and the Col-de-Rates and some of the stronger riders will stretch the rides to perhaps 70-75 miles.**

**This year the Vets and Ladies camp was running side by side with the younger riders, which lifted the pace a little, but we could hang**

on with them, until we got into the mountains. This was not a problem most of the time, as everything is relaxed, and you can do your own thing or cut out and finish with your own choice of route (Just like the FRC Club Runs on Sunday.)

All very enjoyable, and I am planning to go again next year and if possible will do 12-14 days, This year I did 9 days, which is better than a week, as it means you can have a beneficial easy/recovery day in the middle, without feeling you are wasting some time. It is called a training camp, but I wonder if it should be called a cycling holiday, but that does not impress my non-cycling friends so much.

## **CHARITY RIDES**

For those of you interested in this type of event the annual LIDBA charity ride from Liphook takes place on Sunday 13<sup>th</sup> June at 10am. [www.lidba.co.uk](http://www.lidba.co.uk) For those taking part there will be a Barbeque at my house afterwards. Families welcome although I have only a small garden and parking is restricted. Please let me know (If you have not already) let me or Jennifer know if you would like to come 01420 476406. Bring your own beer. (Some drink more than I can afford!)

There are similar events on the 4<sup>th</sup> July from Farnham see [www.farnhambikeride.org.uk](http://www.farnhambikeride.org.uk) and on 11<sup>th</sup> July from Waverley Abbey House, on the Farnham to Elstead road, forms from East Street Cycles.

## **NEWSLETTER COPY**

Copy for the newsletters is urgently needed. Without your contributions there would be little to fill the pages. [Mitch56@btinternet.com](mailto:Mitch56@btinternet.com) Similarly if you now have an e-mail address or have changed providers please let me know so that I can ensure your copy arrives.

Website [www.farnhamroadclub.co.uk](http://www.farnhamroadclub.co.uk)