



# FARNBOROUGH & CAMBERLEY CYCLING CLUB

Affiliated to R.T.T.C., B.C.F., B.C.A., B.C.C.A., C.T.C., S.W.L.L.C.A., W.L.C.A.

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## GENERAL SECRETARY

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All Stars Youth Section:-

farnboroughandcamberleyallstars.  
org.uk

## WHAT CAN THE FARNBOROUGH & CAMBERLEY CYCLING CLUB DO FOR THE KEEN CYCLIST?

For a modest annual subscription (see below for current rates), the club can provide access to all aspects of the sport and pastime of cycling.

With around one hundred members, it offers a sociable and helpful atmosphere to the newcomer to club cycling, whether male or female and whatever age. Families are especially welcome.

Subscriptions cover clubroom attendance, a regular magazine, participation in club time trials, and third-party liability cover when engaged in club activities. Members under the age of 18 years must supply written parental consent for all activities with the club.

There is a weekly clubnight on Friday evenings at All Saints' Hall, Chapel Lane, Hawley (at the junction with Fernhill Road), from about 8.00 pm to 10.30 pm - come along for a cuppa and a chat!

The club is affiliated to all the national bodies, covering most aspects of cycling, such as the RTTC, BCF, CTC, British Cyclo-Cross Association, enabling members to participate in time-trialling, road and track racing, cyclo-cross, mountain biking, etc..

Weekly Sunday clubruns start from West Heath roundabout, Cove, at 9.30 am. In summer there are additional early runs (8.15 am start) for those who like to "get the miles in". Newcomers to club riding are recommended to start their riding with attendance on clubruns, which enables them to gain cycling fitness and to get to know their fellow members.

**TIME TRIALS:** In summer weekly club 10-mile time trials are organised, on local courses. Members may, on completing the necessary entry forms, participate in association and open time trials.

**ROAD RACING AND TRACK RACING:** Membership of the BCF and possession of a racing licence are necessary: both can be obtained within the club. The club is affiliated to the Surrey League, which provides a full programme of road races through the season, and to the Reading Track League,

which meets each Monday (and also on Saturday mornings, for training and children's races) at Palmer Park track, Reading. There are excellent facilities, and track bikes may be hired for a small fee. Hard hats are compulsory.

**MOUNTAIN BIKING:** The popularity of this aspect of cycling has led the club to initiate regular informal mountain bike runs on Wednesday evenings during the summer. Arrangements vary and should be checked with our mountain bike secretary.

**BRITISH SCHOOLS CYCLING ASSOCIATION:** The club is affiliated to this body, and has had considerable success with young riders in the association's promotions, which enable members under the age of 16 years to race on closed circuits.

**“ALL STARS” JUVENILE GROUP:** Under-16-year-olds are automatically members of this section dedicated to introducing children to cycling as a sport and pastime. Sessions are supervised, and the emphasis is on learning to ride safely while still having fun! Most riding, especially for the youngest members, takes place off-road.

**EQUIPMENT AND CLOTHING:** Younger aspiring members should note that it is NOT necessary to have an expensive super-lightweight machine to enjoy or to perform well in the sport. Except within the supervised All-Stars group, what IS necessary is that riders are sufficiently aware of the law relating to cycling on the road. They should be able to control their machines so that they are not a danger to themselves or to other road users. Further, machines must be road-worthy and of a suitable size for the rider. Members are expected to be able to perform minor repairs and adjustments (e.g. mend punctures and tighten loose nuts and bolts), and so should carry at least a spare inner tube or puncture outfit, tyre levers, a basic spanner and a small screwdriver.

With regard to clothing, this should be suitable for the prevailing weather conditions. Shorts can be worn in summer, but in colder weather training trousers or a tracksuit are best, with layers of thin clothing rather than one heavy sweater or jacket. Jeans are not recommended, as they can be uncomfortable when wet and take a long time to dry. The club has a good selection of quality clothing in club colours for sale at very competitive prices. Shoes should be cycling shoes or trainers.

**HELMETS:** Whilst it is compulsory to wear a helmet for road and track racing, and many members also prefer to wear one when time-trialling, the club does not make it a condition of membership for members to wear helmets when engaged in social riding. It is left to the decision of the individual, or to the parent or guardian in the case of under-18s.

**ANNUAL SUBSCRIPTIONS (due on 1st January):** Seniors - £15; Juniors (16 to 18) - £7; Youths (up to 16th birthday) - £5; Family (mother, father and all children up to 16 years) - £20. All rates are subject to annual revision.

