

# Acorn Newsletter April 2007



## Sherwood Cycling Club

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Spring is here with the clocks going forward to give lighter evenings and more opportunity for riding. Why can't we just leave the clocks as they are now and not put them back next Autumn? We would avoid all the trouble of manually altering so many timepieces and disrupting our own body clocks twice a year.

### RACING NEWS

Paul Fostun got 4<sup>th</sup> place in the under-16 Victoria Park Crits at Leamington Spa while elder brother Matt had some bad luck with crashes in his events but still managed to win two primes.

In the Derby Mercury Hilly "21" Nigel White took 2<sup>nd</sup> spot in 53:35 behind winner Andy Proffitt 52:41. Giles White road the Rudy Project event at Cambridge and did 33:19 for 7<sup>th</sup> in the Veterans won by Dave Dent with 30:54.

If you have any performances either post them on the Forum or let me know so I can publish them. Your club mates are interested in your rides.

### FIRST 20-MILE CIRCUIT TIME TRIAL SUNDAY 18 MARCH 2007

As befits the start of the Club racing season the first event was run off in a mixture of hail, snow, rain and sunshine all accompanied by a howling North Westerly wind. Two riders abandoned because of the conditions but others persisted in basic summer racing kit.

Nigel was easily fastest and best on handicap although conditions meant he was 3 minutes slower than last year.

Name	Time	HCP	HCP Time	Points
Nigel White	49:02	SCR	49:02	8
Darren Hodgkinson	55:40	--		3
Craig Watson	59:58	9:30	58:28	5
Mike Hankin	1:01:03	--		1
Dave Ashcroft	1:02:06	--		1
Martin Edjvet	1:02:11	11:00		2
Matt Hemsley	1:06:49	--		1
Mick Swords	38:12	1 LAP		
Pete Walton	DNF	--		
Kevin Humpherys	DNF	PT		

Timekeeper & handicapper: Wayne Bradley.

## **15-MILE “RUDY PROJECT” CIRCUIT TIME TRIAL SUNDAY 25 MARCH 2007**

Another cold morning with a rising North Easterly wind but despite the cloud it stayed dry. Nigel, on his road bike, was again the clear winner nearly 3 minutes ahead of Alistair.

Craig used gravity to blast past Nigel down Broughton Hill but, of course, the next incline saw order restored! Craig did, however, get best on handicap.

<b>Name</b>	<b>Time</b>	<b>Hcp</b>	<b>Hcp Time</b>	<b>Points</b>
Nigel White	36:55	SCR	36:55	7
Alistair Simpson	39:40	--	--	3
Darren Hodgkinson	40:32	--	--	2
Mike Hankin	40:45	--	--	1
Ian Hales	40:57	--	--	1
Craig Watson	41:13	9:30	30:37	4
Matt Hemsley	43:14	--	--	1

Timekeeper & handicapper: Wayne Bradley.

### **CLUB RUNS**

Saturday Club Runs leave Lowdham at 9.45 a.m. Sunday runs meet Shearing Hill/Burton Rd junction at 9.30 a.m. leaving 9.40 a.m. 9.00 a.m. leaving 9.10 a.m. from 29 April. Wednesday runs meet at Lowdham 9.15 a.m. prompt. There will also be an extra run on Easter Monday 9 April meeting Shearing Hill 9.30 a.m.

On Sunday 29 April we aim to go to see the East Midlands CiCLE Classic (Rutland-Melton) and will be the first earlier meeting time at 9 a.m. We will probably spend most time at Owston where refreshments will be available and an extra supporting race will be run. Expect to get back home about 5 p.m. – let’s hope the weather is kind!

### **CLUB DINNER 2007**

The date of the Club Dinner is now confirmed as Saturday 24 November at the Richard Herrod Centre. Note it in your diary to keep the date free.

### **CLUB NIGHTS**

Meeting at the Arnold & District Victory Club, Church Drive East, Arnold. As you head from Sainsbury’s in Arnold towards Arnold centre Church Drive East is the first road on the left. Click this link for a map or view <http://tinyurl.com/ykzvku>

The next two normal club nights are on Mondays 26 March and 30 April from 7.30 p.m. but we now have two special events (details below).

### **BASIC BIKE MAINTENANCE EVENING MONDAY 23 APRIL 2007 FROM 7.30pm**

To help members in maintaining their bikes we are holding an informal session at the Club where we will have a few bikes, various tools, bike stands for teaching basic race bike maintenance. This will cover things like changing a cassette, replacing cables, truing a wheel, adjusting a headset etc. The sorts of things that you can do in a few minutes with a little knowledge but that would otherwise mean having your bike off the road, awaiting repair.

Craig, Trev and Ed will be on hand to pass on advice from their experience but others can contribute with their own skills and knowledge.

Have you a maintenance problem? Come along someone may be able to help.

## **CLUB SOCIAL NIGHT SATURDAY 26 MAY 2007 –organised by Jim Hollands**

Come along and be entertained by some **very** talented singers and musicians – oh!!! and Jim (Why should you have it all good?).

We hope to have the legendary Dave Collins to sing some of his prize-winning songs. Some of the artists sing quietly, some are sonorous. The music will be wide ranging from oldies to modern in the style of such artists as Cliff Richard, Elvis, Roger Whittaker, Vera Lynn, Jim Reeves and many more.

There will be intervals in the entertainment to allow socialising (there will be a bar). A simple buffet will be laid on and we will have a raffle in aid of the Air Ambulance (prize donations are needed).

The cost for the evening is just £3 (yes, not a misprint!) and this includes the buffet. Bookings, with payment (cheques made to Sherwood Cycling Club) please, to Ed Ward ASAP.

Doors open 7.30 p.m. and the proceedings go on until 11.30 pm. If you are racing next day you may leave earlier! The room will also be non-smoking to protect your health and VO2 MAX!

You are welcome and encouraged to bring family and friends but numbers are restricted, so those booking first will get priority.

### **FORTHCOMING CLUB EVENTS**

Sunday 1 April	2 <sup>nd</sup> Circuit TT	9:00am
Sunday 15 April	3 <sup>rd</sup> Circuit TT	9:00am
Sunday 29 April	4 <sup>th</sup> Circuit TT	9:00am

Circuit TTs from the lay-by on the A6097 north of Oxton Island (where the evening tens start). It is two laps of A6097 to Northgate Island, left on A614, straight across the Longdale Lane Island to the B6386. Left down to Oxton Island and left on A6097 to complete the circuit.

As an option you can ride a private trial of just one 10-mile circuit (beginners, the less fit or less ambitious!) but you must make this clear to the timekeeper at the start. View the course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-20-mile-Circuit-Time-Trial>

Remember to bring a completed CTT Entry Form to each event so that you can get a handicap allowance. The entry fee is £1.50 (under 16, 50p). To save paying every time you can prepay with a season ticket for £20 (under 16, £5) and this covers all Club TTs including Evening Tens.

Tuesday Evening Tens – 6:45pm Start – Start at lay-by on A6097 about 0.6 miles north of Oxton Island 10 April until 14 August. Enter on the line, no form needed.

See the route on this link:

<http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-10-mile-course>

### **TRAINING RUNS**

Matt Shaw is still having some Wednesday evening training runs from Roko, Wilford Lane but to find out if there is one for a particular week and the time, it is best to go on the Forum. Similarly if you want to arrange another training run at another time use the Forum to make arrangements.

**SLEAFORD WHEELERS - NEV CRANE MEMORIAL 25 Sponsored by HAWKINS CONSERVATION LTD Sunday 15th July 2007 at 8am Course C25/35**

Nev Crane was a top international rider and bike shop owner, he was always out on the Sleaford Wheelers runs until his sad death last year. This Memorial Event has a very generous prize list.

Entries £7 using CTT Entry Forms (Jan 2004) should be sent along with Entry Fee of £7 by Tuesday 3rd July to: Doug Laidlow, 17 Fen Road, Little Hale, Sleaford, NG34 9BD. Telephone (01529) 461018, Email [douglaidlow@btopenworld.com](mailto:douglaidlow@btopenworld.com) or [douglaidlow@btinternet.com](mailto:douglaidlow@btinternet.com)

**CYCLING NEW ZEALAND IN 2007 AND 2008 Martin Riley (Our NZ Member)**

I moved to New Zealand last year and got to know a local rider called Richard Scott who runs a business called Kiwistyle Bike Tours that started up last year taking New Zealanders to major races in France - and this year have a Giro tour and other tours around Provence etc. I agreed to help him promote these.

Now Kiwi Style Bike Tours are proud to offer fully guided and supported cycle tours of the South Island of New Zealand so that we can share our backyard with you.

The Southern Alps snow-capped mountain peaks, spectacular lakes of Tekapo, Wanaka and Wakatipu, and the raw beauty of Banks Peninsula. Ride past native rain forest, see mists rising from tranquil lakes and lagoons and stand in awe of the mighty Southern Alps looming over the land. It is a land of extremes and incredible beauty with diverse changes in scenery around every corner making it the adventure seeker's dream environment. Simply put, the South Island of New Zealand is stunning.

The New Zealand tours that we offer have been designed so you can experience the best cycling possible, and still have the time for you to enjoy what each area has to offer, whether it be bungee jumping in Queenstown, hiking the Port Hills of Christchurch, or swimming with dolphins in Akaroa Harbour.

Each package is based in one region for a 5-day period and has been structured so you can do one or both tours that we have available. We have 20 years of cycling experience and no one knows the South Island like we do. You will cycle some of the best rides that the South Island has to offer!

The maximum sized group is 10, with 2 experienced Kiwi Style cycling guides. Prices start from NZ\$1400 for 5 nights. For more information visit [www.kiwistylebiketours.co.nz](http://www.kiwistylebiketours.co.nz) or email either Martin Riley ([martin@isistax.co.uk](mailto:martin@isistax.co.uk)) or Richard Scott ([Richard@kiwistylebiketours.co.nz](mailto:Richard@kiwistylebiketours.co.nz)).

**FOR SALE**

Dave Woodward has the following items for sale:

MDT Aero Helmet £10, Pair of Campag Chorus brake callipers £30. Tel 0115 9810849

Steve Pye has a Barracuda Mountain bike for sale. Needs service, front and rear pads and gears need adjusting. Ideal for repair or spares, good bike cost £500 new will accept £50 (need the space). Email : [harley-1450@ntlworld.com](mailto:harley-1450@ntlworld.com) for picture

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**Have you paid your subs yet?**