

Acorn Newsletter March 2007



Sherwood Cycling Club

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Suddenly, the racing season has arrived and, after a kind winter, the fitness and enthusiasm of our riders should produce some good results.

Steve Adams has been recruited to the Merlin Racing Team where his programme includes the East Midlands International CiCLE Classic (Rutland Melton) on 29 April and the Lincoln Grand Prix on 13 May. At this level you really need to be part of a Team to make an impact. Steve remains a member of Sherwood.

Tim Pigula will be missing from the home racing scene this summer as he has taken a post as a sailing instructor in Menorca (he's good at sailing as well as cycling!). He may well find some Spanish races to ride though.

The racing season is with us already and our riders fielded a team in the Coalville Wheelers 25. Darren Hodgkinson did 1:1:58, Giles White 1:2:53 and Mike Hankin 1:8:38. Andy Proffitt won the event in a staggering 55:40. Darren rode home after the event and the next day ran the Sleaford half-marathon finishing 5th and best veteran. (another Animal!)

Andy was 3rd in the classic North Road Hard Riders 25 next day where Nigel White had the misfortune to puncture in poor conditions.

Brothers Matt and Paul Fostun (17 and 14) are new members keen to start racing. Between them they have already sampled Manchester and Newport Tracks, Saturday morning runs and training runs. Paul has been recruited to the BC Talent Team already. We need enthusiastic young members like these to encourage others to take up the sport.

The final league tables for the Notts & Derby Cyclo-Cross League have now been published.

Adrian Staiano was our best-placed rider in the senior league, finishing in 24th place. He was also 2nd placed junior after a season long battle with Fred Maier, losing out by just a few points. This makes Adrian our club Cyclo-cross Champion.

Pete Lifford was 61st and James Horsepool 83rd in the Senior League. In the youth league, Joe Peake was an excellent 5th overall and in the under 10's, Scott Hookway capped his first season with a fine 8th place overall in the League. Scott still has at least another 2 years in this category.

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 meetings are on Mondays 26 February and 26 March from 7.30 p.m. The evening is growing as a social event with members relaxing and chatting over a drink. We try to keep the Committee Meeting brief, but everyone has a chance to contribute ideas. Harvey Maddock would like to see a few more of his contemporaries coming along to renew acquaintances.

We are also planning to have a Saturday evening social during May with a buffet and some singers to keep us entertained. If successful, this could be the forerunner of more events to get our members together.

You can join the Victory Club for £10 in the first year and £4 in subsequent years – then you can use the Club whenever you like. Otherwise, for an occasional visit, you can come along as a guest.

Any ideas for further social events are always welcome. Social events mean that members and their families can get to know each other better and so become more interested in the whole Club and its organisation.

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. Wednesday runs meet at Lowdham 9.15 a.m. prompt.

With reasonable weather recently the Sunday runs have been a little bit longer some weeks. We managed a 65-miler to Byard's Leap always a pleasant run especially if the wind is from the east. Often a sting in the tail just before the café is the "Friestonberg", a narrow sharp climb onto Frieston Heath. The day we went you had to keep in the saddle to avoid wheel spin. The café coped well with a group of 17 riders but the extra distance meant we were back a bit later than normal but well worth it.

The "alternate" Sunday runs (9 am Wilford Toll Bridge) for the fitter keener riders have been very successful giving members a wider choice and making numbers more manageable. The runs remain ad hoc, particularly now the racing season is here. You need to check if a particular run is on by asking around or going on the Forum.

Saturday runs still have big numbers but the group splitting after a while eases this. If you do go with the break you should be confident in your ability to keep up or to find your own way!

CLUB CLOTHING

I have now ordered a new stock of Club Clothing from Pro Vision. This includes some new waterproof, breathable rain jackets. Delivery should be in the first week of May.

Unfortunately, the prices have increased a little on one or two items – they have been stable for quite a few years. They are much less than many other Clubs are charging. A short sleeve top and a pair of bibshorts will still cost £58 compared with around £100 in some other clubs.

In the meantime I still have quite a bit of kit in stock, so get in touch if you need anything.

CLUB DINNER 2007

Subject to availability the Club Dinner will be at the Richard Herrod Centre next November. Any ideas for alternate venues or dates for future Dinners are always welcome but arrangements have to be made well in advance.

FORTHCOMING CLUB EVENTS

Sunday 18 March	1 st Circuit TT –20 miles (lay-by north of Oxton Island)	9:00am
Sunday 25 March	Rudy Project Course AS/6 – 1 Lap Willoughby 15 miles	9:00am
Sunday 1 April	2 nd Circuit TT	9:00am
Sunday 15 April	3 rd Circuit TT	9:00am
Sunday 29 April	4 th 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>

The 15-mile “Rudy Project” Circuit TT starts on the A6006 about a mile east of Wymeswold near the Willoughby junction. It heads SE on the A6006 under the A46 and then left at the staggered crossroads along the ridge to the A606 (Melton Rd) (Give Way). Left on A606 down Broughton Hill to Nether Broughton, back over the County Boundary to Upper Broughton where turn first left on unclassified road through the village and climb up to the A46, over the bridge, straight on by-passing Willoughby to finish before the A6006. View the course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-15-mile-Club-TT-AS-6>

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.

ACORN POINTS TROPHY

The Acorn Points Trophy is awarded to the rider winning the most points in Club Events over the season. Evening tens, any team time trials and the hill climb do not count.

Points are awarded on the basis of 4 points for fastest and 1st handicap, 3 points for 2nd fastest and 2nd handicap and 2 points for 3rd fastest and 3rd handicap. All other finishers get 1 point.

To secure handicap points you must fill in an entry form so you can receive a handicap. The handicapper judges from previous rides how much allowance each rider receives. This allowance is then deducted from the actual times to give handicap times.

TIME TRIALLING OVER THE YEARS

A lot of changes have taken place in the last 40 years. Here are brief descriptions of two representative events – one in 1966 and one in 2006.

Which would you prefer to ride?

1966

Distance 50 miles, entry fee 5s (25p), prize list £13, start time 6 a.m. Sunday.

Ride out to start in the dark. Steel frame bike with mudguards, saddlebag, lights and racing wheels on “sprint carriers”. Top gear 52x14.

Before start remove all surplus kit including bottle cage (only 50 miles so no drink!) and pump up tyres with hand pump until tubs “ping”. Take off tracksuit to ride in woollen shorts and track vest (no race number). Take sip of water, put your kit in saddlebag and wrap in cape to leave in hedge bottom until return (no HQ).

Course has 3 U-turns (Radcliffe Rd in West Bridgford, Spring House, Newark and on the A52 before Bottesford).

After event get a drink of tea from an urn in the back of a van and await times to be written on result board on grass verge. Times brought from timekeeper (using mechanical watches) by helpers using bits of paper.

Re-assemble bike with saddlebag etc and set off to meet the club run for lunch in Sleaford.

2006

Distance 10 miles, entry fee £6, prize list £280, start time 5 p.m. Saturday.

Drive out with bike and turbo trainer in boot. Carbon fibre frame, aero bars, deep section rim front wheel and rear disc. Top gear 55x11.

Before start warm up on turbo. Pump up tyres using track pump to precise pressure. Inside HQ change into skinsuit, fix number on back, put on aero helmet and lycra shoe covers over carbon-fibre-soled shoes. Finish energy drink and put bottle of isotonic drink in cage.

Course is slip road onto A1, turn at Island retrace and slip road off A1. If it rains the event has to be cancelled because of spray.

After event have a recovery drink and then a selection of hot drinks and snacks in the HQ. Results projected from a lap-top onto a screen, times phoned through from timekeeper using multi-memory digital watches.

Pack bike in car and drive home.

RUDY PROJECT TIME TRIAL, 21 APRIL 2007

Nottingham Clarion is hosting a round of the Rudy Project Time Trial Series on Saturday 21 April with a 2 p.m. start. The HQ is at Granby Village Hall and the same circuit as our road race last year is being used. The start is on the Bottesford – Harby road (Highgate Lane) near to the Plungar junction. The route is via Harby, Harby Hill, Eastwell and Belvoir.

Senior Men: 2 laps - 26.6 miles, Women, Juniors, Veterans & Disabled Riders: 1 lap - 13.3 miles

It would be good if we could support this event with a strong entry. Entry fee is £9. **Note that entries close earlier than normal on 3 April.**

Event Secretary: Phil Hurst, 2 Rookery Farm, Cropwell Butler, Nottingham NG12 3BB racing@nottinghamclarion.co.uk tel: 0115 9332317

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Have you paid your subs yet?