

Acorn Newsletter May 2007



Sherwood Cycling Club

President: Mr Frank Beale

Web site: www.sherwoodcc.org.uk

Forum: <http://forum.sherwoodcc.org.uk>

Editor, Ed Ward, 52 Shearing Hill, Gedling, Nottm NG4 3GX Tel. 9615477 edwinward@btinternet.com
Secretary, Dave Gartside, 141 Kent Road, Mapperley, Nottm NG3 6BS Tel 9525881 d.Gartside@ntlworld.com
Treasurer, Martin Edjvet, 5 Fourth Avenue, Sherwood Rise, Nottm NG7 6JB Tel. 9620572
martin.edjvet@nottingham.ac.uk
Membership Sec. Karen Lifford, 8 Dark Lane, Whatton, Nottingham NG13 9FE Tel. 01949 850326
e-mail_membership@sherwoodcc.org.uk

New members joining in the last month are David Moutrie, Dave Taylor, Tony Pickance and Matt Lichfield.

ALAN DOWLMAN

With great sadness I have to report the death of Alan Dowlman one of our Vice-Presidents. Alan was a great clubman for many years whether racing, club riding, organising, timing or just helping people. He was editor of the Acorn News for many years and introduced many youngsters into the sport he loved. Whilst he had not been an active member in recent years he still kept a keen interest in the Club and was delighted to see the Club thriving.

I always remember him as having an infectious happiness - he didn't even want people to know about his recent illness because he didn't want others to be unhappy. Rest in Peace Alan.

Sympathies to Dawn and family. The funeral and cremation will be at Wilford Hill on Thursday 3 May at 11.20 a.m. No flowers by request, donations in lieu to Cancer Research UK.

RACING NEWS

In the Leics RC Hilly TT Nigel White did 59:35, Giles White 1:6:04, Al Simpson 1:8:54 and Craig Watson 1:10:23. Matt Bottrill won with 57:43. Nigel was 6th in the very tough Buxton Mountain TT with 1:32:03 and Darren Hodgkinson did 1:44:55. Nigel moved up to 4th in the Glossop Kinder Velo with 1:13:50.

Sherwood won the team in the local round of the Rudy project run by Nottm Clarion. Nigel was 3rd vet with 1:3:04, Darren did 1:7:37, Giles 1:9:34 and Dave Woodward 1:10:09.

In road racing Matt Fostun has been active in the Rockingham Forest 2-day and the Sid Standard races. He had a bad day and DNF in the CiCLE Kermesse though. No places yet but very promising. Younger brother Paul has now been selected for the BC Talent Team so he has it all to come. George Thackray and Simon Hookway have also been having a go at bunched racing – again no placing but enjoying it.

Darren Hodgkinson had a disaster day at the National Duathlon Championships when he fell in the first running section and was too injured to finish – a great pity as he was a main contender.

**SECOND 20-MILE CIRCUIT
TIME TRIAL SUNDAY 1 APRIL**

In a chilly NE wind 2nd claim member, Andy Proffitt won the event from Darren by 5 minutes. Simon, in his first outing of the year, took third.

Martin won the handicap.

Chris and Lesley opted to do just one 10-mile lap.

Timekeeper handicapper Wayne Bradley

Name	Actual Time	H/Cap	H/Cap Time	Points
Andy Proffitt	47:19	-	-	-
Darren Hodgkinson	52:29	-		4
Simon Hookway	55:54	SCR	55:54	5
Craig Watson	56:19	2:00	54:19	5
Ian Hales	56:50	-	-	1
Martin Edjvet	58:16	5:00	53:16	4
Matt Hemsley	1:00:53	-	-	1
One lap				
Chris Draper	33:10	-	-	-
Lesley Cliff	36:56	-	-	-

THIRD 20-MILE CIRCUIT TIME TRIAL SUNDAY 15 APRIL

It was better conditions this week warm sunshine and no wind.

Matt won this (his first Sunday race of the year) four minutes ahead of Anton who was on his new bike. Mike was just 2 seconds slower while Anton won the Handicap.

Timekeeper/handicapper Wayne Bradley.

Name	Actual Time	H/Cap	H/Cap Time	Points
Matt Shaw	49:24	SCR	49:24	6
Anton Newell	53:35	7:00	46:35	7
Mike Hankin	53:37	-	-	2
Martin Edjvet	54:25	7:00	47:25	3
Matt Hemsley	54:38	-	-	1
Tony Pickance	1:00:13	7:30	52:43	1
Dean Cross	51:46	PT		
Chris Shooter	59:14	PT		
One lap				
Mick Swords	31:36	-	-	-
Lesley Cliff	33:47	-	-	-
John Duckworth	26:10	PT		

FOURTH 20-MILE CIRCUIT T.T. SUNDAY 29 APRIL

Back to a cold NE wind again but some good times with Andy five minutes clear of Giles who moved ahead of Paul on the second lap.

Martin won the handicap (again!).

Timekeeper/handicapper Karen Lifford.

Name	Lap 1	Actual Time	H/Cap	H/Cap Time	Points
Andy Proffitt	22:18	45:11	-	-	-
Giles White	25:10	50:22	Scr	50:22	6
Paul Monaghan	25:06	50:51	-	-	3
Craig Watson	26:19	52:51	2:30	50:21	5
Simon Hookway	26:28	53:43	1:00	52:43	1
David Ashcroft	27:00	54:32	-	-	1
Martin Edjvet	27:14	54:45	4:30	50:15	4
Tony Pickance	29:29	59:54	-	-	1
Andy Su	29:33	58:38	PT		
John Duckworth	26:34	1 lap	PT		

ACORN POINTS TROPHY

Craig has taken an early lead ahead of Nigel. Details:

Craig Watson 19; Nigel White 15; Martin Edjvet 13; Darren Hodgkinson 9; Anton Newell 7; Matt Shaw and Simon Hookway 6; Matt Hemsley 4; Alisdair Simpson 3; Mike Hankin, Ian Hales, Dave Ashcroft and Tony Pickance 2.

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 club nights are on Mondays 21 May and 25 June from 7.30 p.m.

SUBJECTS REQUIRED SPORTS SCIENCE RESEARCH –Nottm Trent University

Why:

- The respiratory muscles can fatigue during exercise
- We are investigating whether prior-fatigue of the respiratory muscles effects exercise performance

You will receive:

- Full fitness feedback
- Free VO₂max testing
- Free lactate threshold testing
- Free training advice

Requirements:

- between the ages of 18 and 40 and male
- available to come in for testing 2/3 times per week for up to a month
- are **not** elite or competing more than once per week (for recovery reasons)
- are willing to have blood samples taken from them

For further details please call or email:

Peter Brown: 07976 822248 peter.brown@ntu.ac.uk or

Michael Johnson: 07947 532628 michael.johnson@ntu.ac.uk

CTT NATIONAL SERIES 2009 (RUDY PROJECT)

An organiser is needed for the third round of the series to be held on Sat 25th or Sunday 26th of April 2009 (yes 2009). These events are usually held on non-standard distance courses. Nottm Clarion used the Harby – Belvoir circuit this year and previously we used the Wymeswold – Nether Broughton circuit. It would seem sensible to use one of these as the courses are established. Any volunteers please contact Craig ASAP.

VOLUNTEER HELPERS

Dave Gartside has progressed with the idea of allocating helpers to various events. Please help him by responding quickly if you are asked to help out.

CLUB RUNS

Saturday Club Runs leave Lowdham at 9.45 a.m. Sunday runs meet Shearing Hill/Burton Rd junction at 9.00 a.m. leaving 9.10 a.m. Wednesday runs meet at Lowdham 9.15 a.m. prompt. There will also be extra runs on Mondays 7 May and 28 May meeting Shearing Hill 9.30 a.m.

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

Don't forget the Social Night with live music and a buffet for just £3. 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. The room will also be non-smoking. Come along and get to know your fellow club members.

You are welcome and encouraged to bring family and friends but numbers are restricted, so those booking first will get priority. There will also be a raffle with proceeds to the Air Ambulance – prize donations are eagerly accepted.

FORTHCOMING CLUB EVENTS

The first two 25-mile time trials are on Sundays 13 and 20 May. The start is in Barnstone Village at 9.00 a.m. The course is left after 1 mile Granby Lane, A52 Bingham by-pass, left Langar, Harby, left to A52 Bottesford by-pass, left Elton, Whatton by-pass and left up Granby lane to finish before Granby.

Sunday 13 May	1 st 25 Granby Course	9:00am
Sunday 20 May	2 nd 25 Granby Course	9:00am
Sunday 27 May	Oxton Bank Circuit – Hilly 26. (A614/B6386 junction)	8:00am

<http://www.bikely.com/maps/bike-path/A25-2-Granby-25-mile-time-trial-course>

On Sunday 27 May we have the 26-mile Oxton Bank circuit starting 8 a.m. on Oxton Lane (B6386) near the Ollerton Road (A614). The route is B6386 to Oxton Island, straight on past Oxton Village, turn left on Southwell road (still B6386) up Oxton Bank into Southwell. At mini-island turn right (A612) to Upton. On right bend turn left on minor road to A617 junction. Turn left through Hockerton and Kirklington to Lockwell Hill Island. Left on A614 across White Post Island to Northgate, bear right on A614 across Longdale Island, left on B6386 to finish at start point.

<http://www.bikely.com/maps/bike-path/Sherwood-CC-Oxton-Bank-Circuit-TT>

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 until 14 August. Enter on the line, no form needed.

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

EVENING TENS LEAGUE

We have been blessed with decent weather so far. It has been windy at times but at least it has been dry and not too cold.

After three events Nigel has had three wins putting him clearly in the lead from brother Giles.

No clear leader in the handicap section has been established yet with four riders sharing the lead.

Only two Juniors have ridden and it looks like a battle of the brothers with Matt having the maturity advantage on speed but Paul has the handicap prize to go for.

	10 April	17 April	24 April	Act. Pts.	H/C Pts.
Verity Butler		28:05		1	0
Lesley Cliff		31:59	31:39	2	1
Chris Draper	29:23	28:52		2	4
Martin Edjvet	26:01	25:56	25:44	3	2
Ian Hales	25:12	24:41	24:25	3	6
Mike Hankin	25:52	25:31	25:04	3	3
Matt Hemsley	27:04	26:59	26:04	3	6
Darren Hodgkinson	25:04	24:08		3	6
Gisli Jenkins		26:16		1	0
Phil Marren		27:06	27:02	2	1
Paul Monaghan		23:41	22:58	7	4
Anton Newell	26:30		25:05	2	6
Tony Pickance		26:57		1	0
Matt Shaw	23:34	23:26	23:37	11	2
Mick Swords		30:01	29:23	2	3
Craig Watson	24:22			3	0
Giles White	23:20	23:15	22:48	15	2
Nigel White	21:52	21:33	22:31	18	2
Nick Wight		27:19	26:47	2	1
Dave Woodward	24:55	24:27	23:55	5	5
JUNIORS					
Matt Fostun		25:47		6	0
Paul Fostun	27:45	27:40		11	6

FOR SALE

Specialized Tarmac Pro 52cm red full carbon monocoque and forks seat post vg condition £250. Phone Nigel Moon 0115 9561243

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Have you paid your subs yet?