

Acorn Newsletter

November 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

Welcome to junior rider Chris Dale who has recently joined.

Thanks to member Dave Ashcroft who has made a generous donation to the Club as he is leaving the area and wants to see the Club continue thriving. The money will be used to help junior riders.

Now that the summer (what summer?) is over it is time to put up with riding in the cold and wet and relax a bit more. Don't be tempted to stop riding though! Good clothing and mudguards minimise the bad weather effect. Keeping up base riding is important for next season. You can supplement your base miles with things like cyclo-cross, running, turbo training, gym work or what ever you enjoy. Don't overdo it though. Ride safely and keep healthy.

HILL CLIMB 30 SEPTEMBER 2007

With quite a pleasant day for late September there was a good turnout for the Club Run to the Hill Climb on Terrace Hill. Most declined to ride the event, even though they had to get up the hill anyway, so we had more spectators and helpers than riders! Steve was fastest with Matt not far behind. Most didn't take it too seriously.

After a quick ride to Lake View for elevenses we assembled for the Freewheel on Harby Hill with well over 20 entrants. A slight helping wind pushed the main contenders into Harby with Velo's "big Pete" getting a bit further than Nigel White who was blocked by a car.

Name	Actual Time
Steve Adams	2:03.1
Matt Fostun	2:07.6
Giles White	2:14.8
Phil Shaw	2:28.9
John Phimister	2:29.9
Dave Taylor	3:01.2
Barry Westby	3:59.6

CYCLO CROSS Trev Adams Report

22/09 NDCXL Round 2 - Alfreton Park

Scott Hookway is doing much better this year and finished 6th in the U10's race at Alfreton. Patrick Hughes has returned to racing after taking last season off and was also 6th in the U12's race. In the senior race, we had Simon Hookway riding for Sherwood and 2nd claim member Steve Adams riding for Merlin RT. Simon improved on his performance the previous week to take 58th place. Steve managed to win, despite a puncture. Prizes were excellent with Steve winning a tub of High 5 recovery drink, a Denby dinner plate set and cash as well.

29/09 NDCXL Round 3 - Thornbridge Education Centre, Great Longstone.

Scott had another good ride, taking another 6th place. In the Seniors, we had Steve, Simon and Pete Lifford. Steve led at the start but eventually dropped down to 3rd place, suffering a bit after a heavy training week. Simon had the misfortune to snap his forks on a tricky descent, so was DNF and Pete finished 82nd.

13/10 NDCXL Round 4 - Markeaton Park

There was a large field of 51 riders for the U10's race, but Scott was unfazed and came away with 10th place. Patrick had his best result to date in the U12's, taking 3rd place. Steve, Pete and Simon rode the senior race. Steve had been involved in an altercation with a dog, earlier in the week, which resulted in a broken rear mech and hanger and a hasty repair on the morning of the race. This was to prove his undoing as his mal-adjusted gears malfunctioned during the race and he unshipped his chain a couple of times, eventually claiming 4th place after being with the leaders for the 1st half of the race. Simon, not put off by his problems at Thornbridge, rode his MTB to 77th place, just 2 places in front of Pete in 79th.

Former Sherwood member and Saturday morning run regular Mick Perrin has taken up cyclo-cross at the age of 49, and made his Notts and Derby debut in this event, finishing 44th. He is thoroughly enjoying doing cross and wishes he'd taken it up years ago.

20/10 NDCXL 5 - Bramcote Park

Another large field for the U10's race where Patrick's brother Daniel finished 35th. Patrick was 5th in a highly competitive U12's race. In the seniors, our sole representative was Joe Peake, taking 36th place in a quality field with over 80 starters. Pete was commissaire for this race.

27/10 NDCXL 6 – Allestree Park

Scott was 7th out of 49 in the under 10s and Patrick was 3rd in the under 12s. The senior event had a couple of Belgian riders and Joe finished 23rd, Pete 80th and Karen 91st

These are the events in the immediate future.

3 Nov	Cancelled	VC Nottm	Dave Gretton	0115 9878700
17 Nov	Darley Moor	Ashfield RC	Andy Naylor	07775 594842
24 Nov	Trent Meadows	Long Eaton	Rory Scream	07956 565583
8 Dec	TBC	Bolsover	Matt Conley	07767 444598
15 Dec	Alvaston Park	Cyclo-cross.com	Michelle Gascoigne	01332 360034

YOUTH HOSTEL WEEKEND 6/7 OCTOBER 2007

Eight of us rode off from Cinderhill with organiser Mike Wragg's dad Steve taking our bags in his van – such luxury compared to the days when we used to carry everything ourselves! As the senior rider I expected a hard time in a group of such quality in such challenging territory – I can't really complain about the route because I chose it. I heard Dave Mclean had prepared for the weekend by spending the summer in Belgium racing four times a week in a sponsored squad!

Those of you on line can view the planned routes for the weekend on <http://tinyurl.com/39hjo9> and <http://tinyurl.com/363hvj>

The first significant climb was the bumpy back road up from Ironville to Riddings as a prelude to the Wingfield Park-Crich climb. On these I fought to keep near Joe and Mike Hankin at the rear of the group. Age doesn't only impair one's climbing ability as I also lost considerable time on the descent to Cromford.

The climb through Bonsall forced me onto my “Granny ring” but meant I was able to keep with Mike and we even got back to Joe twice. Once regrouped, we headed towards Elton and were amused by a flock of sheep with rabbit’s ears! (Llamas/alpacas perhaps?).

Joe and I were soon off the back on a nervous descent from Elton then Joe left me on the steep climb. The group were waiting and consuming energy bars/drinks as I reached the top of the steep climb into Youlgrave (used to know it as Youlgreave?). Conksbury Hill was next where I managed to keep Mike in sight over the top. I saw the rest, way ahead, having turned left up to Over Haddon. Unfortunately, Mike didn’t see them and carried straight on down to Bakewell. I chased him on the descent but couldn’t catch him, so I cut short left to the Monyash road thinking he might turn left further on when he reached that road. Unfortunately, he didn’t know we were heading for Monyash. Meanwhile, the others retraced and caught me.

We spent an hour in the Monyash café (quite expensive) but no Mike. Over to Earl Sterndale passing “The Quiet Woman” (headless) pub and Joe left us heading to his destination in Bradwell. On the long climb up to Axe Edge the younger riders (Dave, Ollie and Mike W.) romped away (passing the mysterious HSE Explosion & Flame Lab.) while Giles and Nigel were affected by a postprandial malady that kept them within my sight. The Cat & Fiddle was in front as we regrouped but we turned left on the A54 for a couple of miles. We nearly missed our unsigned turning as I was off the back again – but it gave the others a bit more riding to retrace.

The narrow, rough road descended sharply but sets of gates helped me to catch up, as others obliged with the opening and closing. Past Gradbach Mill and another climb to Royal Cottage then we enjoyed great views from Morridge and an easier stretch to Onecote. After descending from Grindon the others waited for me on Weag’s Bridge before the next very, very steep climb of Larkstone Lane where we picked up Steve. At last Ilam was signposted, as we turned right through Stanhope to finally reach Ilam Hall. After checking in it was no surprise to find our room involved maximum stair climbing. The eagle eyed had also spotted a beer pump in reception.

After more than an hour Mike H. arrived having been to Eyam rather Ilam and clocking up over 100 miles and lunching on chips and mushy peas in Buxton!

An early dinner meant an early visit to the bar where the bar stools were too uncomfortable for weary legs, so we retired to sofas in front of a TV with feet elevated on chairs to complete our recovery with the various drinks on offer (Hartington IPA can be recommended). I don’t know why I bothered going to bed early, as little sleep was forthcoming.

A shorter route home on Sunday was still not easy. Nigel was dropped on the first climb – even way behind me (make a note of that everyone!). It was great to ride through Tissington, Bradbourne and Brassington before the day-trippers arrived. Nigel really was feeling unwell and decided to go straight home – it did give him a taste of how some of us feel all the time!

At Winster Steve turned back to fetch his van from Ilam. For some strange reason I picked a route up to Birchover and Stanton in the Peak, having managed to avoid some of these climbs for about 40 years. The “road” through Uppertown was really difficult with gravel and broken surface. Despite my 30x27 I got off, but not until I saw Mike H in front do the same! More climbing, descending and waiting until Beeley where we had a café stop sitting outside in warm sunshine.

Suitably refreshed for Beeley Hill, the younger element gave us a start to cut down the waiting at the top. Back over Beeley Moor to Alfreton, Selston, Annesley and Papplewick I was in survival mode. The others patiently waited and moderated their pace for me.

The weekend was “only” 133 miles for me – not much more than we used to do in a day’s ride in this terrain – but it was hard for me and pretty easy for some!

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. These Sunday runs are about 50 miles. If you wish a longer faster ride there is an alternative run meeting at Wilford Bridge at 9.00 a.m. Keep an eye on the Forum for confirmation as occasionally they may go to Derbyshire and meet elsewhere. Wednesday runs meet at Lowdham 9.15 a.m. prompt.

CLUB NIGHTS

Meeting at the Arnold & District Victory Club, Church Drive East, Arnold. Click this link <http://tinyurl.com/ykzvku>. The next club nights are from 7.30 p.m. on Mondays 29 October and 26 November. The Annual General Meeting is on Monday 10 December at 7.30 p.m. If you have any propositions for the AGM please let Dave Gartside have them as soon as possible. Volunteers for any committee posts are always welcome.

CLUB DINNER 2008

We need a **volunteer** to organise next year's Dinner. Date/format to be decided.

CLUB DINNER SATURDAY 24 NOVEMBER 2007

The annual club dinner and awards presentation is being held at the Richard Herrod Centre, Foxhill Road, Carlton. Start 7:00 p.m. for a meal at 7:30 p.m. This is the chance for everyone to get together, socialise and for prizewinners to be honoured. Friends and family are welcome.

A late bar has been applied for.

The meal: Vegetable Soup; Chicken Supreme with potatoes and vegetables;
Fruits of the Forest cheesecake; Coffee or Tea with mints.

A vegetarian option will be available on request.

As in previous years there will be no disco after the meal.

The price will be £17:00 per head with children under 12 half price.

Bookings to Dave Gartside, 141 Kent Road, Mapperley NG3 6BS tel. 0115 9525881

Places will be reserved on receipt of cash or cheque payable to Sherwood Cycling Club. Tickets will not be issued but I will inform members on receipt of their cheques or cash.

The deadline for booking is Friday **16th November**. After this date I can only attempt to place any late entries with the permission of the caterers.

Please reserve places for the following people

.....
.....

Of these places I would like vegetarian options

Contact telephone no.....

e-mail

Any seating preferences? I will do my best.