

# Acorn Newsletter

October 2007



## Sherwood Cycling Club

President: Mr Frank Beale

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### RACING NEWS

Matt Fostun finished 13<sup>th</sup> in the Tour of the Wrekin 2/3/4/J road race – his race number was 13 as well. Dave Woodward rounded off his season with 2:01:23 in the Yorks RC 50. Joe Peake finished 16<sup>th</sup> overall in the MTB XC National Series.

### NOTTINGHAM SKEGNESS RACE 2 SEPTEMBER 2007

A favourable wind produced fast times with Nigel comfortably winning and retaining the D H Brooks Trophy, albeit a bit slower than last year. Darren enjoyed his first TT over 25 miles with second place. Craig managed to beat Woody on handicap to win the Jack Ferguson Trophy.

Name	Actual Time	H/cap	H/cap Time	Acorn Points
Nigel White	2:43:51	-	-	4
Darren Hodgkinson	2:55:51	-	-	3
Dave Woodward	3:01:11	1:30	2:59:41	5
Giles White	3:02:07	SCR	3:02:07	2
Craig Watson	3:06:17	7:30	2:58:47	4
Martin Edjvet	3:14:40	6:30	3:08:10	1

Eleven riders went on the club run and despite delays including two punctures and a tea stop still arrived about 11.20 a.m. For several it was their longest ride and all enjoyed it. A headwind may have produced different opinions though!

### GP DES GENTS 9 SEPT.

This 2-up 20-mile team time trial is based on performance against the Veteran's Standard Time (based on the age of the older rider) for the distance.

Actual times were remarkably close but Rob and Pete were best on Pete's age standard.

Name	Actual Time	Standard Time	Std ±
Rob Stevens & Pete Walton	49:42	53:24	+3:42
Giles White & Craig Watson	49:20	51:52	+2:32
Nigel White & Gisli Jenkins	49:58	51:07	+2:09
Paul Fostun & Darren Hodgkinson	50:58	51:52	+0:54
Simon Hookway	53:52	--:--:--	--:--
<b>Private Trials</b>			
Jill Brown & George Minion	55:50	57:28	+1:38
Chris Draper & Dave Jesson	57:31	51:07	-6:24

## **ANDCC LIGHTHOUSE 25 16 SEPTEMBER**

On paper it looked like the Lighthouse Trophy would be more difficult to win this year in the absence of Jon Hunt and Paul Monaghan from last year's team. However, with young Matt recruited to ride using one of Darren's TT bikes and Rob brought out of retirement (borrowing Paul's bike) the winning margin for the team of 5 actually increased.

Name	Actual Time	H/C	H/c Time	Acorn Points
Nigel White	55:34	Scr	55:34	4
Matt Fostun	58:03	10:00	48:03	7
Darren Hodgkinson	58:13	6:15	51:58	5
Rob Stevens	58:39	5:00	53:39	1
Dave Woodward	1:00:20	6:15	54:05	1
Pete Walton	1:00:24	7:30	52:54	2
Simon Hookway	1:01:22	6:30	54:52	1
Giles White	1:01:22	5:00	56:22	1
Matt Shaw	1:01:45	4:00	57:45	1
Craig Watson	1:02:56	7:00	55:56	1

It was a hard windy day making Nigel a minute slower than last year. Matt was off number 1 and despite having nobody to chase, a borrowed bike and it being his first ever 25 he did a fantastic ride to end up as second counter and win first handicap by a huge margin. Darren did a course pb and happy - despite being beaten by his second best bike! We knew Rob was fit but he did a superb ride after such a long absence from serious racing. Woody made up the team with another good ride just pushing Pete out by 4 seconds. Such was the strength in depth that we would have still won the Trophy with our 4<sup>th</sup> to 8<sup>th</sup> riders.

Sherwood CC - 4:50:59, North Notts Olympic - 5:04:13, Nottingham Clarion - 5:06:56.

Nigel won the Mick Oldnall Trophy for fastest ANDCC rider. Al Salter from Walsall RC was 20 seconds faster to displace Nigel to 2<sup>nd</sup> in the Open Event.

Thanks must go to Wayne for a well-run event and all the helpers. Special thanks to Dave Gartside who recruited the helpers.

## **CYCLO CROSS Trev Adams Report**

Yes folks, it's 20 degrees C, dry, warm and sunny (well, it was), so it must be the start of the cross season!

Several Sherwood's took the start in the Heanor Clarion event at Shipley Park, where we had riders in every race except the under 16's. Paul Fostun will be riding these but was resting up for the Warwick crit.

In the Under 10's Scott Hookway made up for a bad start to fight his way up to 11th place, whilst Daniel Hughes, riding his 1st ever race, was 26th.

In the U12's, Patrick Hughes was 12th.

In the senior race, we had Joe Peake, who's just moved up from the youth cat, Simon Hookway, riding Paul Monaghan's bike, and Roger Hughes. Joe had an excellent ride and finished 23rd and 3rd junior. Simon, put his TT fitness to good use for a creditable 65th place, not bad for a 1st try. Roger, suffering from a sore shoulder, which wasn't helped by the bumpy conditions, finished 82nd.

We still have several riders to enter the fray. Steve "Merlin the Magician" Adams will be riding, providing he can conjure up some cross bikes. Pete "Sixar" Lifford has a new weapon to unleash on the unsuspecting world, but was otherwise engaged at the Tour of Britain on Saturday. Adrian "The Italian Stallion" Staiano is looking to defend his club championship, but hasn't cleaned his bike since his last race in November 2006, and is still trying to get it working. Paul "The Mighty Pea" Fostun will soon be making his debut in cross and Matt "The Bullet" Fostun, who is now a global superstar following his ride in the Lighthouse, has also signalled his intention to ride some crosses.

The Notts & Derby Cyclo-Cross League run events for different categories. Helmets are compulsory and day membership is available. Go-Race is for newcomers.

Category	Start Time	Duration	Entry Fee
Under 10s	12:00	7 min	Free
Under 12s	12:30	15 mins	Free
Youth/Go-Race	13:00	25 min	£4
Others	14:15	50 min	£10 (Jun £5)

These are the events in the immediate future.

13 Oct	Markeaton Park	Derby Mercury	John Holmes	07946 461972
20 Oct	Bramcote Park	Beeston RC	Craig Taylor	07880 544696
27 Oct	Allestree Park	S. Pennine RC	Russell Cox	01332 672927
3 Nov	Swanwick Hall	VC Nottm	Dave Gretton	0115 9878700
17 Nov	Darley Moor	Ashfield RC	Andy Naylor	07775 594842

## PUNCTURES

When the weather gets colder and wetter we all dread getting a puncture and having to get cold and dirty mending it. So, how can we minimise the risk of puncturing?

First you have to look at the obvious – what causes punctures? The 4 main causes are things penetrating the tyre, impact (hitting stone, potholes etc), poor rim tapes and damaged/faulty tubes.

Use quality tyres – with Kevlar or similar protection in winter - and check them frequently for cuts. Minor cuts can be filled (after checking for glass etc) with super glue. If the cuts breach the canvas or the tyre is worn, fit new tyres – keep spare tyres in stock so that you are not caught out.

Watch the road to try and avoid broken glass, hedge cuttings, stones and potholes (easier if you ride on the front!). Check tyre pressures before each ride.

Use good quality rim tapes designed to withstand high pressure and make sure they are the correct width for the rim. I like the stick-on plastic ones. Don't use thick tapes or double layer to avoid making the tyre tight to fit.

When fitting tubes dust with talc (some claim this reduces penetration punctures, but I'm dubious) to prevent sticking. Use your hands **not** tyre levers to fit tyres as you may damage the tube. You can get a VAR Tyre Fitting Tool if you have problems fitting tyres by hand. Using a valve locking nut (grease the thread) may help to protect the valve-tube join when pumping up tyres. Wrap the spare tubes you carry (two of them) to protect them from scuffing in your bag. Carrying a small section of an old tyre can get you home in the event of a cut tyre – or carry a spare folding tyre in a bottle cage for emergencies.

If (when) you puncture **always** check your tyre for sharp objects even if you suspect an impact puncture. Keep the punctured tube so that you can find out the exact cause of the puncture when you get home and preventing a re-occurrence.

**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.

**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.

**TROPHY BASES**

Wayne needs to have all trophy bases returned by 14 October so they can be engraved ready for presentation at the Annual Dinner. Any claims for Club Records or BAR times also need to be sent to in ASAP. Wayne Bradley, 23 Glensford Gardens, Rise Park NG5 5BG tel. 0115 9754840.

**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.

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.  
Early bookings would be appreciated and places are limited. The deadline for booking is Friday 16<sup>th</sup> 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? Apart from the main table I have to try to fill tables of eight. This job is the poison chalice of club dinner. I will do my best.