

Acorn Newsletter April 2008



Sherwood Cycling Club

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New members this month are David Carter, Alan Fletcher and, returning after some years, Neil Copland.

RACING NEWS

Matt Fostun has had a superb start to his season scoring a hat trick of three wins in the 3/4/J events at Darley Moor. The first was from a break of two, the second from a break of eight and the last a bunch sprint – just to demonstrate his all round ability.

Darley Moor also featured with our other young riders. Paul Fostun rode above his age in the 3/4/J event with 10th in the first event and 15th in the second but also rode the under 16 events on the same days with 4th and 2nd. Patrick Hughes got 8th in the under 12s and Scott Hookway 3rd, 2nd and 4th in the under 10s.

Paul rode for an East Midlands Team in Belgium on 16 April but was unlucky to be brought down after a touch of wheels towards the end.

In the Matlock Hilly Darren Hodgkinson was 8th with 1:12:30 and Giles White did 1:17:28. Giles also rode the Chippenham Hilly 24 in 1:3:22, did 51:38 in the Gillingham Hilly 19 and 57:50 in the Severn RC Hardriders TT. Darren rode the tough Melton RC Hilly in 56:24.

Over Easter Giles was our only finisher in the Buxton Mountain TT on Good Friday with 1:57:10 in atrocious conditions where brother Nigel had a mechanical after a good first lap and Darren pulled out after an asthma attack. Craig Watson was our only starter in the Leics RC hilly on Easter Monday doing 1:28:36.

Although I don't normally cover performance by our 2nd Claim riders, Steve Adams riding for his racing team Pearl Izumi finished a fantastic 4th at Aintree behind Tony Gibb in a large top class field.

CLUB NIGHTS

Meeting at the Arnold & District Victory Club, Church Drive East, Arnold from 7.30 p.m. Click this link <http://tinyurl.com/ykzvku> for a map. The next club nights are on Mondays 28 April and 19 May.

CLUB RUNS

Saturday Club Runs leave Lowdham at 9.45 a.m.

Since the racing season started the number of riders on a Saturday morning has reduced. During the winter up to 60 riders were really too many, even with the inevitable split. It now seems to have settled down to a more manageable 20-30.

Sunday runs meet Shearing Hill/Burton Rd junction at 9.30 a.m. leaving 9.40 a.m. and **from 27 April the meeting time becomes 9.00 a.m.** On this day we are planning to go and see the East Midlands Cicle Classic in Rutland. We will probably head for Owston to start with, where we can enjoy the refreshments while watching the racing. The finish is in Melton Mowbray at about 3 p.m. so be prepared for a later return home.

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

CLUB RACING

The Oxton Bank Hilly 26-mile time trial is on Sunday 13 April 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. See <http://www.bikely.com/maps/bike-path/Sherwood-CC-Oxton-Bank-Circuit-TT>

The next two Circuit TTs are on Sundays 27 April and 11 May starting at 9.00 a.m. at the lay-by 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 £2.00 (under 16, 50p). To save paying every time you can prepay with a season ticket for £25 (under 16, £5) and this covers all Club TTs including Evening Tens.

Tuesday Evening Tens start at lay-by on A6097 about 0.6 miles north of Oxton Island 8 April until 19 August. April events and the last two in August start 6.45 pm mid-season events start at 7 pm. View course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-10-mile-course>

FIRST 20-MILE CIRCUIT TIME TRIAL SUNDAY 23 MARCH 2008

Easter Sunday had a white start after early snow and a cold strong wind kept the entries down to just 5 riders. Gisli scored his first club event win just 17 seconds in front of Mike whose new hip helped him to win first handicap!

Name	Time	H/C	H/C Time	Acorn Points
Gisli Jenkins	57:55	1:00	56:55	4
Mike Hankin	58:12	5:00	53:12	7
Rob Stevens	58:58	Scr	58:58	2
Martin Edjvet	1:05:18	12:00	53:18	3
Matt Hemsley	1:05:52	12:00	53:52	2

Timekeeper and handicapper was Wayne Bradley

SECOND CIRCUIT TIME TRIAL SUNDAY 30 MARCH 2008

Road works forced a last minute change of course to one going up to White Post back to Oxton and round again. This meant a distance of about 16 miles so this event cannot count towards the Short Distance BAR.

Fortunately, the weather was much warmer and calmer.

Matt Shaw opened his season beating young roadman Matt Fostun. Mike got the better of Gisli this week to take third place. Junior Joe Gosling took first handicap in his first ever race.

Name	Time	H/C	H/C Time	Acorn Points
Matt Shaw	38:44	Scr	38:44	7
Matt Fostun	40:28	---	---	3
Mike Hankin	42:37	3:00	39:37	2
Gisli Jenkins	43:08	---	---	1
Craig Watson	44:02	4:00	40:02	1
Matt Hemsley	44:57	---	---	1
Simon Hookway	48:37	6:00	42:37	1
Chris Draper	48:47	10:00	38:47	2
Joe Gosling	50:42	12:00	38:42	4
Anton Newell	DNF			
Hannah Mullaster	47:21	PT		
Will Smith	48:18	PT		
Chris Shooter	49:14	PT		

Timekeeper and handicapper was Wayne Bradley

RUDY PROJECT TIME TRIAL SATURDAY 5 APRIL 14.00

We have five riders in the second round of the Rudy Project TT based on Willoughby on the Wolds. Senior men do two 14.5-mile laps and everyone else one lap. A map of the course is on this link:

<http://www.bikely.com/maps/bike-path/AS6-Rudy-Project-TT-Circuit>

The start sheet is on the Club website. As the event is part of the National Series all turns need two marshals and extra observers are placed at other points. The event is also being filmed with the cameraman being piloted around by Kevin Savage on his motorbike.

CLUB TIME TRIAL RECORDS

Just to give you something to aim at here are the main men's Club time Trial Records:

Event	Name	Time/Distance	Date
10	Nigel White	19:53	Oct 2004
25	Nigel White	51:41	July 2005
30	Neil Walker	1:05:52	June 2003
50	Nigel White	1:50:54	August 2002
100	Nigel White	3:53:02	August 2003
12 hour	Mick Perrin	268.872 miles	August 1996
24 hour	Derek Long	424.265 miles	August 1968
Junior 10	Stephen Adams	22:06	Sept 2005
Junior 25	Stephen Adams	56:55	June 2005
Juvenile 10	James Horsepool	26:45	June 2005
10 team	Nigel White, Paul Monaghan and Neil Walker	1:03:20	June 2005
25 team	Nigel White, Jon Hunt and Neil Walker	2:45:44	Sept 2005
50 km 3-up	Nigel White, Paul Monaghan and Neil Walker	1:07:35	July 2005

DAVID MCLEAN IN FRANCE

Second Claim member David McLean is now based in Nice riding for a French Team. He is staying in a 7 room villa owned by the Director Sportif. Since an American team mate had to return home he has the house to himself. His first event was a criterium on part of the Monaco Gran Prix circuit finishing a fine sixth.

David has an interesting blog found at <http://forum.erri.org.uk/showthread.php?p=32204#post32204>

Here is an extract covering a time trial:

The TT was akin to your average Sunday morning TT in the UK in March albeit for a couple of subtle but important differences:

The sun was out and it was very warm by 9.

The average age of the participants was about 23.

Every rider had a DS following in a car screaming encouragement.

It was only 12k (an extremely painful distance I can tell you.

It had about 200m of climbing spread over 3 large draggy hills.

We did it all again afterwards in teams of 4.

We had a podium and many trophies handed out afterwards.

There was one outstanding similarity, though. There were no people watching, I guess TTs are boring to watch whichever country you're in. Now, let me get my excuses in early, I only have one bike with me in France and I don't have any TT wheels, bars or pointy helmet, the entire top 10 had all the gadgets except for me, which makes me feel a little proud and a little stupid for not having the kit. I was a full 37 seconds behind the winner, I expect with all the equipment it would have been a lot closer, how much closer I don't know. However, I still came 4th out of the 92 starters so all was 'most satisfactory' as Jeeves would say.

EVENING TRAINING RUNS

There are some training runs planned through the summer (not by the Club, but all welcome) meeting at Lowdham 6.30 p.m. The route is Thurgarton, Averham, Upton, Southwell and Oxton.

Matt Shaw's runs meeting 6.30 p.m. at ROKO on Wilford Lane, West Bridgford also on Wednesdays are continuing.

Other training runs are organised on an ad hoc basis. Check out the Club Forum for the latest information – the Forum was initially set up as a means of arranging training runs.

CLUB DINNER

The next Club Dinner is booked for Saturday 7 February 2009 at the Ramsdale Golf Club, Calverton.

HAVE YOU PAID YOUR CLUB SUBS YET?

I will be looking at my circulation list for the Acorn News and removing those who haven't renewed. There is a renewal form here :

<http://www.sherwoodcc.org.uk/documents/MembershipRenewal.pdf> or

<http://www.sherwoodcc.org.uk/documents/MembershipRenewal.doc>