

Acorn Newsletter

August 2008



Sherwood Cycling Club

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Paul Fostun featured in the Evening Post recently at the launch of Visited Asda, Arnold for the launch of "Sporting Chance" with MP Vernon Coaker at Asda in Arnold and later visited a school in Daybrook to talk about his training.

RACING NEWS

Paul Fostun is performing well at Mallory Park with a 3rd place on 1 July and 10th on 8th July – remember Paul is riding against seniors in these events. In the Preston Park Youth Championships Paul was 28th – he must have had some problem there.

Darren Hodgkinson was 3rd in the Cat B section of the LVRC race at Sawtry.

In the CDLCA 25 Matt Shaw did 57:16, Dave Woodward 59:14 and Craig Watson 59:48.

Gisli Jenkins did a pb 55:42 for 5th place in the Melton Olympic 25 where Craig did 1:00:17, Martin Edjvet 1:00:29 and Steve Walsh 1:04. Gisli excelled in the Hull Thursday open 10 (appropriately enough on a Thursday!) with 20:34 and 17th place in a strong field. Dave Woodward did 2:06:15 in the N. Notts Olympic 50 on a tough day and 23:14 in the Plan B Racing 10.

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.

NEW CAFE

A new café has opened (called Kingfisher Lodge) at the Portland fishing lakes. If you head out of Hawksworth towards Sibthorpe turn right at the crossroads the Portland Fishing Lakes are up a drive on your left.

There is plenty of room and a patio area round the back where you can leave bikes. Good value and cyclists are welcome. Snacks - beans on toast etc up until midday then lunches are served. Closed on Mondays (except Bank Holidays). See <http://www.portlandfishing.co.uk/>

ROAD RACE ORGANISERS COURSE
ELAINA KENNEDY, BRITISH CYCLING, EAST MIDLANDS

As many of you will be aware, the number of Open Road Events being organised within our Region is declining. This year, excluding Mallory, Darley Moor and Club events, there have been 14 open events over 6 months. Of those – 7 were in Leicestershire; 3 were in Lincolnshire; 1 in Nottinghamshire; 3 in Derbyshire.

To encourage more promotions, we will be holding a Road Race Organisers Course in August open to all those who are interested in becoming an organiser or as a refresher for experienced organisers.

It is free to attend the course lunch and refreshments will be provided.

It is on Saturday 30th August from 10:00 am – 5:00 pm at Winthorpe Community Centre, Woodlands, Winthorpe, Newark. NG24 2NL

If you would like to come to the course please let me know by email elainakennedy@ntlworld.com so we can confirm numbers for the Tutor and for catering purposes.

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 18 August and 29 September.

COTTON RACING CAPS

The cotton racing caps in club colours have been selling so well I only have two spare left. The price of these is £7.50. If there is sufficient demand I can order some more (minimum order is 20) and delivery is only a few weeks. Contact Ed Ward if you need any Club kit.

SKEGNESS RACE 7.30 A.M. SUNDAY 7 SEPTEMBER 2008

A coach has been booked to accompany the annual time trial to Skegness and bring back riders and supporters.

The fare for coach has been pegged at £12 to encourage support provided you have booked and paid by 30 August. Last minute bookings, if available, will cost £15. Paul Wilson, 19 Lascelles Avenue, Gedling NG4 4GB tel. 0115 9614098 will take bookings (cheques to Sherwood Cycling Club).

THIRD 25-MILE TIME TRIAL SUNDAY 6 JULY 2008

Road works on Granby Lane meant we had to use a slightly long course at Oxton. 2 laps of the Circuit TT plus a Northgate-Oxton island loop.

Only 4 riders with Gisli fastest and Matt best on handicap.

Name	Time	H/C	H/C Time	Acorn Points
Gisli Jenkins	1:02:25	Scr	1:02:25	7
Mike Hankin	1:04:13	---		3
Martin Edjvet	1:06:02	5:00	1:01:02	5
Matt Hemsley	1:08:53	11:00	57:53	4

Timekeeper/handicapper - Wayne Bradley

CLUB CHAMPIONSHIP 25 SUNDAY 20 JULY 2008

A switch to the faster A25/11 starting from Cromwell and two trophies on offer – and still only 4 riders!

Name	Time	H/C	H/C Time	Acorn Points
Gisli Jenkins	56:38	Scr	56:38	4
Martin Edjvet	1:01:30	5:00	56:30	5
Chris Draper	1:05:17	11:00	54:17	6
Lesley Cliff	1:15:04	20:00	55:04	3

Gisli was 5 minutes ahead and won the Albert Sharp Trophy as Club Champion.

Chris won the Halford Trophy for best on handicap.

Timekeeper/handicapper - Wayne Bradley

ACORN POINTS TROPHY

This competition is based on points in Club Events. 4, 3 and 2 points for the first three on actual time and on handicap time. All other finishers get one point. Trophy to the overall winner.

Gisli Jenkins 30; Mike Hankin 27; Matt Hemsley 16; Matt Shaw, Martin Edjvet and Craig Watson 13; Giles White and Chris Draper 8; Lesley Cliff 6; Steve Walsh 5; Joe Gosling and Nigel White 4; Matt Fostun and Darren Hodgkinson 3; Rob Stevens 2; Simon Hookway, Anton Newell, Phil Shaw and Chris Dale 1.

EVENING TENS LEAGUE

Matt Shaw is still leading the League on actual time but Nigel is lying second despite only having ridden 9 events. The best 10 scores count and with 3 events remaining either rider could reach 59 points. Matt can improve his score by one point with each win. One more win will improve Nigel's score to 57 and further wins will add one more point.

Gisli can improve to 54 points by winning the three remaining events so cannot win overall. However, he does lead the handicap section by 3 points reflecting the way he has improved through the season.

Conversely, Matt has been pretty consistent through the year after starting with a 22 in the first event and doing 8 more sub-23 rides. He has only once finished inside the top 6 on handicap – the penalty of starting the season in good form!

Chris Dale has taken over the lead in the both sections of the Junior League.

Note that the events are now starting at 7 p.m. but will revert to 6.45 p.m. on 12 August with the last event on 19 August.

	1 July	8 July	15 July	22 July	29 July	S	H
Verity Butler						1	0
Lesley Cliff		31:55		30:03	30:48	9	20
Neil Copland	26:11	26:14		24:43	25:32	12	21
Cameron Davis	28:42	29:02	28:42	28:25		11	20
Chris Draper		26:12	25:42	25:28		9	24
Martin Edjvet	25:39	26:00	25:11			7	12
Matt Fostun			25:37	23:34		15	7
Pete Fostun	25:36	25:49		25:18		13	25
Chris Frost						3	3
Liz Green-Davis	31:49	31:46	30:18	29:25	32:05	10	27
Ian Hales	26:27	26:30	25:40	25:05		11	11
Mike Hankin	24:01	24:37	24:06			24	18
Matt Hemsley	25:33	25:57	25:49	25:46	26:21	12	16
Darren Hodgkinson	23:32					42	24
Simon Hookway	24:15	24:01	23:24			18	26
Gisli Jenkins	22:51	23:32	22:49	22:25	22:29	48	30
Paul Knowlton	27:19	28:20	27:21		27:17	8	19
Mike Mitchell	31:02		29:10			2	6
David Moutrie			30:23			3	3
John Phimister	25:03		24:49			14	26
Matt Shaw	22:27	23:16	22:48		22:50	56	12
Phil Shaw			25:25		25:45	7	11
Richard Thompson	28:24					1	0
Dave Taylor						1	0
Pete Walton	24:01					2	6
Craig Watson		24:33	24:40			18	23
Giles White	23:30				23:21	33	21
Nigel White	22:17	22:40	22:19		22:59	51	17
Dave Woodward	24:17	24:40	24:23			12	11
JUNIORS							
Chris Dale	25:21	25:18		24:29		36	30
Paul Fostun						12	6
Joe Gosling		27:37	26:47	26:38		16	11

CLUB DINNER

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

ED'S DIP INTO THE PAST - 1981

The year started off with a YHA trip into Derbyshire in a mixture of gales and snow – a tail wind up the Woodhead Pass meant being unable to pedal fast enough uphill on a fixed wheel to keep up with those freewheeling! Then it was snowstorms over the Strines. The rest of the winter riding comprised of midweek training runs, club runs and YHA weekends culminating in a snowy 220-mile weekend round trip to Cambridge YH at the end of February and over 2,000 miles logged in two months.

Racing started in March with a mixture of road races and hilly time trials with a forced blank Sunday on 26 April when the snow laid 10cm deep. Over the May Bank Holiday three of us did a 300-mile YHA trip down to the Cotswolds, only for me to catch a cold and have the next 2 days off work with no riding. Next weekend was the Skegness Race and here I finished third but 12 minutes behind Mick Perrin and 2 minutes behind Trev Adams (he was having a good year!).

1981 was the Club's Golden Jubilee and the following weekend we did a sponsored 1000-mile relay ride and riding flat out in the early hours did little to aid my recovery. The whole Club put in a tremendous amount of work and we easily beat our target of 48 hours for the ride.

After two rest days, four of us set off for a two-week tour starting from Salzburg in Austria. Apart from the enjoyment, I was hoping to use this to get some miles in ready for the Leicester Forest 12-hour time trial at the beginning of August. On fully laden touring bikes (weighing over 20kg) we tackled some big Austrian climbs like the Grossglockner, before crossing into Italy. The weather was hot and one of our party, Tony, had to abandon and steadily return to Salzburg. Mick, Cliff and I carried on to climb the Tre Cime de Laverado and other Dolomite mountains. We did miss the Passo Giau though – when we got to the turn off, signs said the road was closed because of snow. It was also about 4pm and the climb was then un-surfaced. We outvoted Mick and chickened out of that one.

The next really big climb was the Stelvio Pass and our day started from the Mendola Pass, where Cliff and I had got through 4 litres of wine the previous evening! After dropping down to Merano at around 300 metres altitude we faced climbing up to 2758 metres. The weather was still nice down in the valley but, as we reached the main part of the climb with its 42 hairpin bends, we saw other cyclists descending in capes and looking cold. About 10km from the top it started raining, 2km later it was snowing. On went my long sleeve jersey and gloves and I completed the climb on snow-covered roads using 32x24. Fortunately we checked in a ski hotel at the top after 80 miles of riding.

Next morning it was snowing again but still only a light covering and we descended on an un-surfaced road into Switzerland wearing all the clothes we had. On trying to have a drink at the bottom I found my water bottle was frozen solid! We climbed the Ofenpass in more snow with a lunch stop with no wine as we only had 50 Swiss Francs (no Credit Cards then). Back into Austria following the River Inn our riding was moderated by the weather – it only seemed to stop raining when we climbed, and then it snowed.

We met up with Tony in Salzburg having done about 800 miles – fewer than we hoped but OK considering the weather and the vast amount of climbing.

I now had July reach to top form before the 12 hour – what happened? Read about it next month.