

Acorn Newsletter

December 2008



Sherwood Cycling Club

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ANNUAL GENERAL MEETING MONDAY 8 DECEMBER 7.30 P.M.

The AGM is at the Arnold & District Victory Club, Church Drive East, Arnold on Monday 8 December starting 7.30 p.m.

All members are invited to attend the AGM. Volunteers for any post are also welcome. Your views are important so please make an effort to attend.

One item to be discussed is the Club Subs. In recent years it has become increasingly difficult to get prompt payment from members. The Meeting will decide on a possible method of making payment by the end of January cheaper - or late payment more expensive!

To make payment easier, we are also looking at setting up on-line payments using PayPal.

HOVERINGHAM LUNCHEON SUNDAY 14 DECEMBER

Ann Spencer has booked the Ferry Farm at Hoveringham for a Club Lunch on Sunday 14 December. Meal to be served at 12.30 p.m. so get there before.

Price is £14 for main course (chicken or veggie) and pudding, coffee extra.

Last minute bookings to Ann Spencer, 9 Woolacombe Close, Mapperley NG3 5SL. Tel 0115 9200971 e-mail A14ORF@aol.com Cheques payable to Sherwood Cycling Club.

BOXING DAY TEN FRIDAY 26 DECEMBER 10.30 A.M.

The annual festive 10-mile time trial on Boxing Day starts at 10.30 a.m. on the usual ten course from the lay-by 0.6 miles north of Oxtan Island. Details of the course can be found on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-10-mile-course>

Entries are on the line with no form required £2 (50p for under 16s). Season Ticket holders need not pay. Riders under 18 must have a parental consent form (download from CTT website) unless one has already been submitted for the season.

CLUB DINNER SATURDAY 7 FEBRUARY 2009

The Club Dinner is on Saturday 7 Feb. 2009 at the Ramsdale Golf Club, Calverton **NG14 6NU**.

There will be a 3-course meal and the presentation of awards. As in recent years there is not a disco so there is a good opportunity to get together and chat. Partners, family and friends are welcome. The price is £18 each (cheques payable to Sherwood Cycling Club).

Please send your bookings to: Paul Wilson, 19 Lascelles Ave., Gedling, Nottingham NG4 4GB tel. 0115 9614098.

Directions to Ramsdale Golf Club

FROM NOTTINGHAM

Take the A60 road north towards Mansfield, at Redhill roundabout take the A614 towards Doncaster, continue through traffic lights and turn right onto the B3686 towards Southwell - brown signs indicate Ramsdale Park Golf Centre, turn right into the Golf Complex just before Patchings Farm Arts Centre.

FROM OXTON ROUNDABOUT

Take the B6386 towards Nottingham, the Centre is on the left hand side, just after Patchings Farm.

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.

As a new venture on Sundays we are now having a fixed destination on the first Sunday of each month. This will be to the Kingfisher Cafe at the Portland Fishing Lakes near Sibthorpe. The normal club run can do a roundabout route of 30 miles or so and usually arrive about 11.15 a.m. whilst others can choose to branch off by a shorter route. Others not on the club run can also meet the rest at the café by making their own way. The café can then become a social gathering between 11 a.m. and midday (when they stop serving) enabling more of the Club to meet up on a regular basis. During the summer it is a handy place to go after racing.

This café is an ideal venue with plenty of room, friendly welcome and good snacks at a reasonable price. The first of these visits is on Sunday 7 December – come along and try it out.

BBC SPORTS PERSONALITY OF THE YEAR

There is a chance that a cyclist could win this year - for the first time since Tom Simpson.

The problem is that so many cyclists have done so well this year that the cycling vote could be split. The car racing fans will all be voting for one person so cyclists should do the same.

We all need to back the cyclist with the best chance and that is triple Olympic Gold Medallist Chris Hoy. This is hard on people like Nicole Cooke, Victoria Pendleton, Bradley Wiggins, Mark Cavendish etc. who have all had great success but you can only vote for those on the shortlist. It is very likely that Chris Hoy will be on the shortlist but so may Nicole Cooke or Victoria Pendleton. If there are two cyclists on the final shortlist there is a danger that they share the cyclists' vote and both lose out.

Stick to voting for Chris Hoy on 14 December and cycling will have a chance of winning.

CYCLO CROSS by Trev Adams

Round 8 Bingham Leisure Centre

Not far to travel for the latest Cross, with a new venue at Bingham Leisure Centre. The course went mostly around the playing fields and had an interesting off-camber section along a bank. This really had people struggling for grip and caused plenty of spills as people stalled on the uphill parts.

Even the U10 and U12 courses were tough, with a climb that had many getting off and running, a fast and dangerous descent and plenty of slippery corners.

Scott Hookway seemed to revel in the conditions, romping away to take the win by 7 seconds, with arch-rival Louis Gray-Blest finishing a distant 5th. Scott even won a fiver, his first monetary prize. He seems to perform better on tougher, more technical courses - perhaps it's the coaching he gets on a Monday night!

We had 2 in the U12's - Sam Marriott finished 11th and Lorna Stewart 13th. Our riders made up 20% of the field in the youth race, with 4 out of 19. Callum Bramley was our best placed rider in 8th, with Ben Nicholls 14th, Patrick Hughes 15th and Rhianne Murphy 18th.

Craig made his return to racing in the senior event, after several weeks off with a bad cold. Adrian also rode and second-claimer Steve, riding for Pearl Izumi, made his Notts and Derby season debut. Steve made a fast start and lead as they hit the off camber section on the first lap. Adrian was well up and Craig taking it steady, running the off camber section.

By lap 2, Steve was away with Scott Thwaites, however, his lack of race fitness started to tell and he eventually dropped back to second and then third. All 3 of our riders were struggling with the off-camber; all fell off at some point in the race. Steve was finding his cables stretching on his newly built up bike and had to change to his spare bike when his brakes stopped working. He made a late comeback and almost caught the 2nd placed rider on the line, but ended up 3rd. Adrian finished 42nd and won a prize for the 1st U23 not in the top 6. Craig finished 74th out of 92 finishers.

Round 9 Darley Moor

It was raining and very muddy for this one but Scott won yet again in the Under-10s and looks a favourite to win the series. Sam struggled through the mud for 14th in the Under-12s.

Callum finished 7th in the youth race while in the Seniors Adrian had the misfortune to puncture and lost many places to finish 75th just ahead of Craig in 88th.

Round 10 Trent Meadows

Cold conditions for the latest round of the League with a cold northerly wind blowing across the course.

In the Under 10's, Scott won again, beating the second placed rider by 7 seconds to extend his lead in the overall series. In the Under 12's, Lorna Stewart rode and finished 17th, struggling a little with some tight, technical corners.

Callum rode the youth race and seemed a bit out of sorts, finishing 12th out of 22. Ben Nichols was also riding for Sherwood and had one of his best rides to date, finishing 17th. The youth course had some tough sections including a climb that only the leaders were able to ride,

everyone else had to get off and run. There were no long straight sections where you could put any power down.

Adrian and Craig rode the senior race on an extended version of the youth lap, including a very steep section that you had to shoulder your bike and scramble up. Adrian has been doing quite a bit of training, riding from Arnold to college at Clifton and back and going on the turbo. He was a bit tired and finished 75th out of 104 finishers. Craig was up with Adrian at the start but faded towards the end, suffering with a bad back on the bumpy course and finishing 87th.

Forthcoming Notts & Derby League Events

| Category | Start Time | Duration (approx.) | Entry Fee |
|------------|------------|--------------------|--------------------|
| Under- 10s | 12:00 | 7 mins | FREE |
| Under-12s | 12:30 | 15 mins | FREE |
| Youth | 13:00 | 25 mins | £4.00 |
| 'Go-Race' | 13:00 | 25 mins | £4.00 |
| All Others | 14:15 | 50 mins | £10.00 (Jun £5.00) |

<http://www.ndcxl.org>

Helmets compulsory in all events - Day membership available - 'Go-Race' for new-comers

| | Date | Venue | Club | Organiser | Phone | Cat |
|----|--------|-----------------------|--------------------|-------------|--------------|-----|
| 11 | 29-Nov | Stockley Country Park | Bolsover & Dist CC | M Connley | 07767 444598 | C |
| 12 | 13-Dec | Alvaston Park | Cyclo-cross.com | M Gascoigne | 01332 360034 | B |
| 13 | 20-Dec | Allestree Park | Belper BC | J Marshall | 07776 225717 | C |
| 14 | 03-Jan | Thornbridge | Matlock CC | H Gould | 01629 822259 | B |
| 15 | 24-Jan | Watchwood Plantation | Sherwood CC | T Adams | 0115 9614415 | C |

TRY SOMETHING NEW

When you think of all the different branches of cycling it must be the sport or pastime with the widest choice of activities.

On the competitive side riders like Jamie Staff find one 250-metre lap of a track an ideal distance while others excel at a 3-week Grand Tour.

Competitive cycling covers road racing, track racing, time trials, cyclo-cross, mountain bike racing, BMX, part of Triathlons and Duathlons as well as more obscure things like bicycle speedway, bicycle polo and artistic cycling! There may be others that I've missed.

Within each of these branches there is also wide variety. Road racing may be a short round the house criterium or a mountainous stage race. Track racing can be a sprint timed over 200 metres or a Six-Day endurance event, it can be indoors or outdoors, hard track or grass track. Time trials could anything between a 400-yard hill climb or a 24-hour. Mountain bike races can be a fast downhill race or a 24-hour.

You can get 8-year olds doing a cyclo-cross or an 80-year old in a long time trial. Riders come in all shapes and sizes and from all sorts of backgrounds.

You don't have to compete you can just stick to club runs, "sportives", commuting or touring.

Different things suit different and riders gravitate towards the ones that they are best at.

Don't be afraid to try something new – you may find something you excel at. Even if you find it not to your liking at least you've tried it!