

Acorn Newsletter

June 2008



Sherwood Cycling Club

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Another new member to welcome this month is Paul Knowlton.

GO-RIDE

Skill training sessions for youngsters aged 8-12 are being held on Monday evenings at Carlton-le-Willows School playing fields, Wood Lane, Gedling. These continue until 14 July.

If you know any youngsters who may like to take part please encourage them. Hopefully, riders will develop into valuable club members.

To book a place, please call or email Simon or Craig. Book early to avoid disappointment.
simon@sherwoodcc.org or Tel: 07920-764566; craigwatson@ntlworld.com Tel: 07824-3553732

The sessions are designed to be fun whilst developing fitness and skills and cost a nominal £1 per rider. All that is needed is a working mountain bike, a helmet and a drink. A parental consent form also needs completing. Download a form at:
<http://www.sherwoodcc.org.uk/documents/ParentalConsent.pdf>

RACING NEWS

Paul Fostun rode for an East Midlands team in the Isle of Man Youth Tour finishing 27th overall and then had a 7th place at Mallory Park riding against seniors in a 3/4 event. Brother Matt finished 37th in the Nigel Measom 2-day. Darren Hodgkinson was 6th in his group in the LVRC RR at Alford.

In time trialling Nigel White was 4th in the Speedwell Hilly 36 with 1:40:32. Giles did 22:20 in the Bath CC 10 and 25:12 in the Bristol South 10. In the VTTA Championship 30 Dave Woodward did 1:13:52 and Craig Watson 1:15:42. Woody and Giles did 38:53 in the Zenith 17.1m 2-up. Craig did 25:14 in the Mapperley 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.

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 30 June and 28 July.

SHERWOOD OPEN TIME TRIALS

We have two events coming up in June.

First there is the “10” on Saturday 14 June starting 5.01 p.m. starting at Long Bennington. Entries close 3 June and cost £7.50 and should be sent to Giles White, 17 Lowes Wong, Southwell, Notts NG25 0JS (Tel 01636 816936).

The “25” follows on Saturday 21 June also starting at 5.01 p.m. but at Carlton-on-Trent. Entries close 10 June and cost £7.50 and should be sent to Matt Shaw, 19 The Belfry, Edwalton, Nottingham NG12 4FA (Tel 0115 9140708).

Dave Gartside (0115 9525881) has been working hard recruiting the helpers who are essential to running these events.

SLEAFORD WHEELERS NEV CRANE MEMORIAL 25 SUNDAY 13 JULY

An event worth supporting is the Nev Crane memorial 25 starting at 8 a.m. on Sunday 13 July. The HQ is at Donington and the course runs from Donington via Osbournby to near Sleaford and back.

The prize list is over £800 and the prizes are well spread through the field giving a good chance of winning something!

Entries should be sent by 1st July along with £7 Entry Fee to:
Doug Laidlow, 17 Fen Road, Little Hale, Sleaford, Lincs, NG34 9BD. Tel: (01529) 461018.
Email: douglaidlow@btopenworld.com

CLUB RACING

The next two 25-mile time trials are on Sundays 1 June and 6 July. The start is in Barnstone Village at 9.00 a.m. The course is left after one mile, Granby Lane, A52 Bingham by-pass, left Langar, Harby, left to A52 Bottesford by-pass, left Elton, Whatton by-pass and left up Granby lane to finish before Granby.

<http://www.bikely.com/maps/bike-path/A25-2-Granby-25-mile-time-trial-course>

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.

The Club Championship 50 is incorporated in the BDCA 50 on 8 June. You should have entered by now!

Tuesday Evening Tens start at lay-by on A6097 about 0.6 miles north of Oxton Island at the new time of 7 pm. We revert to 6.45 pm for the last 2 events (12 & 19 August). The event on 24 June is the Club Championship for the John Watson Trophy. View course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-10-mile-course>

FOURTH CIRCUIT TIME TRIAL SUNDAY 11 MAY 2008

A beautiful, hot sunny morning saw a good field of 15 riders.

Nigel "cruised" round to win with an impressive 47:19, followed in 2nd spot by in form Matt Shaw complete with his tired legs from the previous day's PB and Gisli took 3rd spot. An improving Steve Walsh took 1st handicap.

Timekeeper & h/capper
Wayne Bradley.

Name	1 st Lap Time	Time	H/C	H/C Time	Acorn Points
Nigel White	23:45	47:29	--	--	4
Matt Shaw	23:50	48:12	Scr	48:12	7
Gisli Jenkins	24:47	49:54	--	--	2
Giles White	25:22	50:38	1:30	49:08	1
Phil Shaw	26:52	53:34	--	--	1
Craig Watson	26:53	53:44	5:00	48:44	2
Steve Walsh	27:24	54:48	8:00	46:48	4
Chris Dale	28:52	58:00	--	--	1
Mike Hankin	30:14	DNF	punct		
Dean Cross	24:49	49:36	PT		
Tim Doyle	28:38	56:39	PT		
Paul Ward	27:52	57:12	PT		
Amanda English	33:19	1:06:57	PT		
Elsie Roberts	46:12	1:11:05	PT		
John Duckworth	24:12		PT	1 lap	

FIRST 25-MILE TIME TRIAL SUNDAY 25 MAY 2008

It was a cold windy morning on the Granby circuit and only 3 riders took part. Mike was fastest and Matt won the H/C by virtue of being the only one to fill in a form!

Timekeeper was Craig Watson

Name	Time	H/C	H/C Time	Acorn Points
Mike Hankin	1:07:57	--		4
Matt Hemsley	1:11:34	Scr	1:11:34	7
Lesley Cliff	1:27:14	--		2

COTTON RACING CAPS

I have ordered some cotton racing caps in club colours to match the other kit. The price of these is £7.50 and they should be available soon.

Contact Ed Ward if you need any Club kit.

CLUB DINNER

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

BROADWAY CINEMA

On Sunday 8 June at 8.30pm they are showing a double bill of Mountain Bike films.

For details see <http://www.broadway.org.uk/Films/May%2008/seasons.php>

GREAT NOTTINGHAM BIKE RIDE SUNDAY 22 JUNE

This year there is a 100-mile Sportive Ride in addition to the normal 18 and 50-mile routes.

For details and entries see:

<http://www.nottinghamshire.gov.uk/bikeride>

EVENING TENS LEAGUE

It seems rare that we get any decent weather for the tens this year.

Numbers are quite reasonable with 29 members having ridden so far.

Matt Shaw is still leading the Senior League with Nigel slipping into second place ahead of Gisli and Darren.

Craig is just leading the handicap section by one point from Chris and John.

Not much activity in the Junior section with only two riders so far. Paul, having ridden two events, is beating Chris who has ridden one.

Steve has the fastest time of the series with 21:37 on a dismal evening that only attracted a small field.

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

	6 May	13 May	20 May	27 May	s	h
Verity Butler			27:39		1	0
Lesley Cliff	30:56	31:21	31:21		6	13
Neil Copland	26:02	26:29			3	7
Cameron Davis	29:16	28:56			7	14
Chris Draper	26:08	26:27			5	15
Martin Edjvet					1	0
Matt Fostun					8	1
Pete Fostun		27:42	27:40		7	7
Chris Frost	28:00				2	1
Liz Green-Davis	34:16				5	7
Ian Hales		28:08			3	2
Mike Hankin	25:16	25:06	24:40	24:50	20	13
Matt Hemsley	26:10	26:51	26:22	26:16	9	11
Darren Hodgkinson	23:13	23:38			21	9
Simon Hookway	24:25				4	8
Gisli Jenkins	23:57	24:18			21	10
David Moutrie			28:49		1	0
John Phimister		26:02	25:44	25:47	7	15
Matt Shaw	22:38		23:00		29	4
Phil Shaw	25:41		25:17		3	7
Dave Taylor		30:05			1	0
Pete Walton					1	0
Craig Watson	25:09	25:18	24:44	25:10	13	16
Giles White	23:57	24:12	24:55		17	9
Nigel White		22:48	22:39		22	9
Dave Woodward	24:18				7	4
2 nd Claim						
Steve Adams				21:37		
JUNIORS						
Chris Dale		28:14			6	0
Paul Fostun					12	6

MONITORING YOUR TRAINING

If you are training seriously and need some means of assessing when to rest and when to train. There is a simple means at your disposal to give some feedback on your progress.

Simply weigh yourself and take your resting pulse first thing every morning and plot it on a graph (paper will do but you could plot it on a computer).

By having a graph you can see trends easily without having to try and remember previous figures. For instance you may see your weight gradually coming down from when you started your training. It is only a good thing to lose weight if you are overweight though – don't get obsessed in trying to reduce weight at all costs. A rider with little excess fat starting a training programme may well put on weight as muscle mass may increase.

If your weight suddenly dips after a training session, the cause is probably dehydration rather than fat loss. 2kg of fat loss needs you to burn off 18,000 kCal – unlikely in one day's training. So, such a dip in weight means you should look at your re-hydration.

As you get fitter your resting pulse normally declines as you improve your circulation and the volume of blood pumped in each heartbeat. If your resting pulse is higher than normal it may mean that you have not recovered from the previous day's training and you need an easy day. It may also be raised if you have a virus or an illness.

Such basic monitoring won't tell you everything but it is a simple method that everyone can do and encourages you to adopt a serious training regime.