

Acorn Newsletter

November 2008



Sherwood Cycling Club

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The Club has been able to help Paul Fostun with entry fee expenses in National Events for the past season. Consideration will be given to application by any Junior member riding such events. Funds are, of course, limited for such assistance but we have made use of generous past donations by Dave Ashcroft and Tony Bullen.

CLUB NIGHTS AND ANNUAL GENERAL MEETING

Meeting at the Arnold & District Victory Club, Church Drive East, Arnold from 7.30 p.m. The next club nights are on Mondays 24 November and then the AGM on 8 December.

All members are invited to attend the AGM. Any proposals or items for the Agenda should be sent to Dave Gartside by 24 November. Volunteers for any post are also welcome. Your views are important so please make an effort to attend.

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.

This is always a good meal and you can take your own wine. You can also cycle there so you don't miss your Sunday ride. Families and friends are welcome.

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

Bookings to Ann Spencer, 9 Woolacombe Close, Mapperley NG3 6BS. Tel 0115 9200971 e-mail A14ORF@aol.com Cheques payable to Sherwood Cycling Club.

CLUB TROPHIES

If you have any Club trophies please return them to Wayne by 16 November so that he can get them engraved ready for presenting at the Club Dinner.

CLUB DINNER

The Club Dinner is booked for Saturday 7 Feb. 2009 at the Ramsdale Golf Club, Calverton. Contact Paul Wilson, 19 Lascelles Ave., Gedling NG4 4GB tel. 0115 9614098.

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.

I'm going to be off my bike for some weeks and whilst I'm sure Pat Gutteridge will continue to take charge whenever he can, we could do with some more volunteers to take runs. Anyone is welcome to have a go even if it is just for one ride. This may also bring in some new ideas and routes. If you want to lead a run let me know when and if you want any help planning a route. I'm sure others on the run will be patient and assist where necessary. Perhaps we could get to a position of having a different leader each week?

The basics of leading a club run are to take control, keep it safe and keep it together.

You can have a detailed look at some typical club run routes on the following links :

[The Limes#1](#) [The Limes#2](#) [The Limes#3](#) [The Limes#4](#) [Sedgebrook#1](#) [Sedgebrook#2](#) [Thaymar#1](#) [Byard's Leap#1](#) [Edwinstowe#1](#) [Edwinstowe#2](#) [Orston#1](#) [Sibthorpe#1](#) [Mountsorrel#1](#) [Lakeview Fishing#1](#) [Lakeview Fishing#2](#)

You can zoom in on these routes either as a map view or as a satellite view. You can also look at the profile and even download routes to GPS (don't ask me how to do this though!).

We have had some more sociable Sunday runs recently with generally about 18 riders. On one run to Lakeview Fishing it was agreed that I would drop off with Trev and Sue on Stathern Hill to allow the others to do an extra loop without too much waiting. The group split into two on the climb but the front section whimped out and went the short way. I won't mention about Sue dropping Trev on the climb, as I wouldn't wish to embarrass him!

At this time of the year the Sunday runs tend to be around 50 miles and a bit more relaxed. Perhaps in the New Year the keener, fitter riders will get together and do some longer harder rides to prepare for the next racing season and allow the non-competitive riders to maintain a more sociable club run. It will need a reasonable number of like-minded riders to ensure a regular decent sized group though.

PEAK DISTRICT YOUTH HOSTEL WEEKEND

Unfortunately the weekend has been cancelled due to lack of interest.

CYCLO CROSS by Trev Adams

At Bulwell Hall Park on 11 October Scott Hookway convincingly won the under 10s where there were over 40 finishers. His dad Simon had worse luck as he came off and broke his collarbone - displaced so much that he subsequently needed to have it pinned. Fortunately, despite frequent minor falls in cyclo-cross such injuries are quite rare.

In the Junior event Adriano Staiano finished 5th and Patrick Hughes 16th.

We again had riders in every category at Bramcote Hills Park on 18 October.

Scott Hookway was first up in the U10's. The course was wide with a gradual climb up to a turn, then a fast descent back to the finish. There was none of the congestion we've had at other venues, but Scott still has to pick his way around the slower riders as he laps them. It turned into a 2 horse race between Scott and Louis Gray-Blest of Bulwell Outlaws BMX. They were matching each

other but Louis just managed to get a gap near the end to win by 2 lengths from Scott. Scott has been in the first 3 at every round and leads the series by 20 points.

In the U12's, Sam Marriott rode for us. He borrowed one of the Islabikes that the club has recently bought (using a council grant). Sam had a race long battle with one of the Bolsover riders, eventually beating her to take 17th place.

In the youth race, we had Callum Bramley and Rhianne Murphy. Callum had his best race to date, finishing 5th, showing no effects from his crash a week ago. He's getting better by the week and looking good for a high placing overall, if he can get enough qualifying rides in. Rhianne had a good race, finishing 12th out of 15 finishers, despite having to walk/run part of the course, which was quite technical.

In the seniors, with Craig on holiday, Roger still bikeless and Simon still injured, it was left to Adrian and Jason (Sam's dad) to fly the flag for us. Adrian had a good start, but there was a really sketchy section in the woods with very little grip and Adrian fell off twice at this point, eventually finishing 46th. Jason had his best placing to date, finishing 24th. However, he's off to Kenya for 7 weeks now, and his next race will be the Christmas Pudding Pedal in mid-December.

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
8	08-Nov	Bingham Leisure Cntr	VC Nottingham	D Gretton	0115 9878700	B
9	15-Nov	Darley Moor	Ashfield RC	A Naylor	0115 8546803	C
10	22-Nov	Trent Meadows	VC Long Eaton	R Screamton	07956 565583	C
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

Midlands Championships 7 December

Any Youth, Junior, Senior, Veteran or Lady riders who wish to ride the Midland Champs at Thornbridge near Great Longstone, Derbyshire on 7th December **must enter in advance**. U12's can just enter on the day as normal.

There are separate races for Youths (£5, 10.30am), Veterans (£10, 11.15am), U12(Free, 12.30pm), Juniors/Women(£10, 1.15pm), and Seniors(£10, 2.15pm). Under 10s ride in the Under 12s

http://www.britishecycling.org.uk/web/site/BC/cyx/cyclo_cross_entry_forms.asp for entry form.

Entries by 17 November to:

Mr Lee Shunburne, The Old Post Office, Oakstedge Lane, Milltown, Ashover, CHESTERFIELD Derbyshire S45 0HA

“GO-RIDE” Craig Watson

We no longer have the use of Carlton le Willows as they wanted us to pay £49 for each session so we are continuing with the Monday night sessions back at Carlton Forum from 7-00 to 8-30 p.m.

We have had riders in every event at the cyclo cross most weeks. Our regular competitors have been Scott Hookway in the under 10's, Sam Marriott and Lorna Stewart in the under 12's, new members Callum Bramley, Alex Nicols and Rhianne Murphy in the Juniors along with seasoned rider Patrick Hughes. All are gaining valuable experience and skills to enable them to become better physically and more able next year on or off road. The kids have had less "offs" than the coaches, which shows how well we are teaching them!!!

The new riders are finding it tough riding with kids who have done it for years at the differing levels, but all are finding it easier as each week goes by and are progressing.

Following a successful bid for a Community Sports Fund we have purchased two differing sized ISLA bikes for use in cyclo-cross, so there is an opportunity for the regulars to take turns to ride these lighter bikes and we can see if they improve.

We will keep running the sessions for the foreseeable future as Steve Crosland (BC Coach) has sessions booked at the local schools to the Forum during next month, so we should get some new faces as some of the C le W kids have disappeared

SPORTS NUTRITION

Modern sports science is very emphatic about replacing sweat and encouraging drinking of water and special formula drinks. It is common to see riders get through two bottles by a café stop after 30 miles and needing a re-fill. It hasn't always been the practice though.

I recently came across a training article in Cycling and Sporting Cyclist in 1969 by the legendary rider Alf Engers. On the subject of food and drink he said “Drink while racing must be kept to a minimum, so it's as well to take something that you're not too keen on. Keep such as cordials well watered-down.”

The first five-time winner of the Tour de France, Jacques Anquetil used to say, “Driest is fastest.” There is also a story of a top Belgium cyclist (can't remember his name) who used to go on 7-hour training runs with no drink and carry only salted herrings to eat, just to condition his body to coping with thirst under competition!

Closer to home, it was quite normal for club cyclists not to even carry a bottle on winter club runs, even though these entailed being out for over eight hours. We survived on cups of tea at the café stops (or sometimes a pint or two of beer in the pub!).

Back in those days professional cyclists had to have a pre-race steak (cooked very rare) for breakfast. They considered it was not possible to perform without this essential food. I remember reading of one Italian rider who had to seek special permission from his manager to have pre-race pasta, as this was not considered the best option.

Riders managed to compete in many more events than is the current practice and nobody realised that drinking more and consuming more carbohydrates gave them an advantage over their rivals. At times riders must have suffered through dehydration and lack of energy but it didn't present itself as an obvious problem.

I'm sure the modern thinking is correct (although some people overdo the hydration, which can lead to other problems) but practice does demonstrate how the body can adapt and how much belief in what you are doing counts for a lot.