

# Acorn Newsletter

October 2008



## Sherwood Cycling Club

President: Mr Frank Beale

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New members to welcome this month are Lorna Stewart and Callum Bramley.

Trev's contributions to this month's Acorn are taken from the Forum – thanks Trev!

### **SKEGNESS RACE 7 SEPTEMBER by Trev Adams**

Only Craig and Martin rode the Skeggy race, with Rob Stevens, Mike Hankin, Dave Taylor, Chris Draper and Matt Hemsley on the club run and 16 out on the bus. Conditions weren't the best - dull and drizzly with a not too helpful Northwesterly wind.

Martin went off first; Craig seemed to be catching him as they ascended Gunthorpe Hill. However, at the top of Leadenham Hill, Martin was in the lead by 27 seconds. Meanwhile the club run had only lost 8 minutes on the racers, despite Rob having stop to straighten his wheel.

Martin pushed on across the Fens to extend his lead to a minute by Tattershall at the 50-mile point. The club run got to Tattershall in 2:22 and stopped for a bite to eat. Martin continued to power along and extended his lead to five minutes by the finish. The club run came in just behind Martin, having lost only 27 minutes despite the stop at Tattershall.

Name	Leadenham	Tattershall	Actual Time	H/C	H/C Time	Acorn Points
Martin Edjvet	1:22:16	2:11:50	3:25:03	Scr	3:25:03	8
Craig Watson	1:22:43	2:12:50	3:30:02	Scr	3:30:02	6

Martin won the DH Brooks trophy for fastest and Craig the Jack Ferguson H/C trophy under the one rider, one trophy rule.

To make it more interesting, the bus passengers ran a sweepstake to guess the winner's time - guesses ranged from 2.59 to 3.30. Jude Stevens won guessing 3.25. Then Rob won the Crazy Golf Championships.

### **LIGHTHOUSE 25 14 SEPTEMBER**

After 5 consecutive wins we lost the Lighthouse Trophy by 5 minutes to a very strong North Notts Olympic team.

Nigel was our fastest despite little racing this year and Matt Fostun borrowed Paul Monaghan's bike to do a 58 in his 2<sup>nd</sup> ever 25.

Name	Actual Time	H/C	H/c Time	Acorn Points
Nigel White	57:52	2:00	55:52	4
Matt Fostun	58:54	5:00	53:54	7
Gisli Jenkins	59:56	5:00	54:56	4
Matt Shaw	1:01:48	4:15	57:33	1
Giles White	1:02:59	7:00	55:59	1
Craig Watson	1:04:01	9:15	54:46	3

Thanks to Wayne for an excellent promotion but losing the team means N. Notts run it next year!

## GRAN PRIX DE GENTS 20-MILE 2-UP 21 SEPTEMBER

Just three teams entered on a fine warm morning. Joe and Woody were easily best based on Veteran's Age Standard. Matt and Mike were fastest but too young

Team	Actual Time	Vet's Standard
Joe Gosling/Dave Woodward	52:27	+7:41
Chris Draper/Martin Edjvet	53:32	+2:34
Matt Hemsley/Mike Hankin	51:56	-0:56

Timekeeper was Wayne Bradley.

## CLUB BAR AND ACORN POINTS TROPHY

The Club BAR is based on the average of the average speeds over 10, 20 and 25 miles. Times from the second Circuit TT have not been used because the course had to be shortened.

The final position for the Acorn Points Trophy are :

Gisli Jenkins 33, Mike Hankin 27, Craig Watson 22, Martin Edjvet 21, Matt Shaw 20, Matt Hemsley 16, Matt Fostun 10,

Giles White 9, Nigel White 8, Lesley Cliff 6, Steve Walsh 5, Joe Gosling 4, Darren Hodgkinson 3, Rob Stevens and Chris Draper 2, Simon Hookway, Anton Newell and Phil Shaw 1.

	<b>Circuit</b>			<b>BAR</b>
	<b>TT "20"</b>	<b>'25'</b>	<b>'10'</b>	<b>Speed</b>
Nigel White	25.272	25.922	26.926	26.040
Gisli Jenkins	24.048	26.486	26.766	25.767
Matt Shaw	24.896	24.272	26.726	25.298
Giles White	24.000	23.816	25.955	24.590
Mike Hankin	22.500	23.358	24.983	23.614
Craig Watson	22.333	23.431	24.708	23.491
Martin Edjvet	18.377	24.390	23.825	22.197
Matt Hemsley	18.219	21.776	23.483	21.159
Lesley Cliff	18.858	19.982	19.967	19.602

## 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.

**From 12 October the meet time becomes 9.30 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. The next club nights are on Mondays 27 October and 24 November.

## CLUB HILL CLIMB TERRACE HILL SUNDAY 5 OCTOBER

Whoops! Last month I got the date wrong (I looked at last year's calendar). It is Sunday 5 October.

The Club Run will go to the start on Terrace Hill (10.30 a.m.) then to Lakeview for tea and, on the way home, the Freewheeling Competition down Harby Hill. All for fun - free entry.

## 2009 OPEN TIME TRIALS

Thanks to Mike and Martin for volunteering to organise our Open Time Trials next year. Please give them your support and try and keep the dates free for helping or riding.

Open 25, Sat 13th June, A25/25, Mike Hankin and Open 10, Sat 25th July, A10/14a Martin Edjvet

## CLUB DINNER

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

## PEAK DISTRICT YOUTH HOSTEL WEEKEND 8/9 NOVEMBER

Mike Wragg needs some idea of numbers as quickly as possible via e-mail [mikey\\_wragg@hotmail.com](mailto:mikey_wragg@hotmail.com).  
**If you haven't access to e-mail ask someone who has.**

## **CYCLO CROSS by Trev Adams**

For the first round conditions at Sinfin Moor Park were wet and slippery with monsoon-like rain for the whole of the youth race. We had at least one rider in every race.

Scott won the under 10's race. He started off in 3rd place, but the two leaders quickly tired and Scott rode an even-paced ride to take the win. Sam Marriott also rode this event.

Alex Miller rode the U12's race and finished in 15th place, on a tough course with plenty of hills and very slippery conditions.

Patrick Hughes and Rhianne Murphy rode the youth race on a stupidly long course – for youth riders it should be 5-6 minutes per lap. Patrick was the last rider not to get lapped and finished 19 mins down on the winner in 16th place, whilst Rhianne finished in 18th place. Patrick ended up racing for 43 minutes, in his first race since moving up to the youth category. Rhianne was completely shattered after her event, but soon recovered after some food and a change of clothes.

In the seniors, we had Simon Hookway, Adrian Staiano and Roger Hughes. Adrian missed the start and had to chase to get onto the back of the field. First time through the finish and the 3 Sherwood's came through together. Adrian briefly got in front of Simon, but Simon's TT fitness meant he gradually started to pull away. Simon finished 72nd, with Adrian 86th and Roger 95<sup>th</sup>.

It's normally good weather for the first few crosses, but conditions were awful today, with rain and copious amounts of mud. Looks like Autumn has come early!

A bumper turnout for round 2 of the Notts and Derby league with 56 riders in the under 10's and 140 riders in the senior race.

Our youth riders were a bit thin on the ground. Perhaps they had been put off by the conditions the previous week. Warm, sunny conditions and a course that didn't cut up despite all the rain we've had, made for great racing.

Scott again won the Under 10's race, despite a slight coming together with another rider at the start. Once he got going he was never to be seen again, winning by over 30 seconds.

In the u12's race, Sam Marriott finished 19th. We would have had another rider in this race but Lorna Stewart got caught up in traffic and arrived about a minute after her race had started.

Patrick Hughes finished 16th in the U16's, not helped by a fall in the woods.

In the senior race we had 5 riders with Darren and Craig making their Notts and Derby debuts and Adrian, Simon and Roger. A massive 140 rider field but they all got away safely - our riders spread around the 80th to 100th mark. Simon leading then Adrian, Craig, Roger and Darren starting steadily. Simon jarred his back at the first set of planks and started to slip backwards, whilst Darren was storming through the field, passing all the Sherwoods in front of him. Adrian came to life when Daz caught him and they had an absorbing battle for the second half of the race, with Adrian finishing about 100 yards clear.

Adrian finished 76th, Darren 78th, Craig 90th, Roger 107th and Simon 112th out of 131 finishers. All said how hard it had been on a course that didn't allow you to rest anywhere - Craig said he was near his max HR for the whole 50-minute race.

Another warm and sunny day for the Heanor Clarion Cross at Shipley Park (Round 3).

First up were the under 10's, on a very short lap with a technical section through the woods, the race was pretty chaotic. Scott started well but had problems when they started lapping riders, as it was too narrow to pass on most of the course and ended up 3rd. In the Under 12's, we had Sam Marriott and Lorna Stewart, on a slightly longer lap than the under 10's. Sam started off well and Lorna had a steady start, but she managed to pass Sam after about 5 laps. They both started to tire towards the end, but Lorna managed to hold Sam off to finish 12th, with Sam 13th.

Another very long lap for the youth race. We had Ben Nichols and Rhianne Murphy riding. Rhianne started well and came through in around 9th place with Ben just behind after one lap. Rhianne dropped back on the 2nd lap and finished 14th after getting lapped. Ben had a long ride as he didn't get lapped, racing for 39 minutes and came in 12th.

In the seniors, we had Jason Marriott (Sam's dad), Adrian Staiano, Simon Hookway and Craig Watson among the 88 starters. The course has a lot of climbing that suited some better than others. On the first lap, Jason came through in 25th, Simon 44th, Adrian 48th and Craig 54th. Adrian and Simon had a battle, with Adrian eventually emerging as the victor. Final positions were Jason 29th, Adrian 45th, Simon 50th and Craig 55th out of 85 finishers.

Warm and sunny day again for Round 4 at Thornbridge.

In the U10's Scott had a battle royal with Louis Gray-Blest, they were attacking each other for the whole race, with Scott showing some real grit and determination to hang on at times. It came down to a sprint with Scott losing out by a couple of bike lengths.

In the U12's, Sam Marriott is one of the youngest riders, he's not yet had his 10th birthday, but again he showed determination on a far from easy course including plenty of turns and a rough wooded section. He eventually finished 20th.

In the youth race, new member Callum Bramley rode on a Mountain Bike. He seems dead keen and is wanting to get a road bike asap. In his first ever race, he finished 12th out of 19 finishers, just getting lapped near the end.

In the seniors, we had 4 riders - Adrian, Craig, Simon and Jason (Sam's dad). After a congested start, they all got away safely, Jason was the leading Sherwood early on, with Craig next, then Simon, then Adrian. Craig managed to get pushed off and buckled a wheel. Adrian managed to get past Simon, then Craig's chain came off (not his day) on the run up the steps in the wood, which enabled both Adrian and Simon to get past him. Adrian was really starting to motor after a steady start and caught Jason after about 35 minutes. Adrian was our best finisher in 47th place, with Jason not far behind in 50th, then Simon in 68th (just in front of Pete Lifford) and Craig 71st out of 108 finishers

Details of Notts and Derby Cyclo-Cross League sponsored by SRAM. Check out their website.

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
5	11-Oct	Bulwell Hall Park	Beauvale CC	G Whittall	07973 791041	C
6	18-Oct	Alfreton Park	DVATC	R Wakefield	01773 570539	C
7	25-Oct	Bramcote Park	Beeston RC	B Fenwick	01664 812527	C
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 Screaton	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