

Acorn Newsletter

September 2008



Sherwood Cycling Club

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New members to welcome this month are all through the Go-Ride initiative Rhianne Murphy, Harry Spencer and Alex Stokes-Millar.

RACING NEWS

In the Heanor Clarion 25 Gisli Jenkins came 3rd with a pb 55:57, Dave Woodward did 1:1:18 and Steve Walsh 1:1:51. Gisli didn't fare so well in the N. Notts Olympic 10 with 24:10 where Simon Hookway (24:35) and Giles White (24:40) were close behind.

In road racing Darren Hodgkinson was 10th in the Go-Sport 3/4 race at Nottingham University. Pual Fostun was 3rd in the Youth Race at Darley Moor, which gave him 2nd place in the E. Mids Championships.

In the Heanor Clarion Summer Cyclo-cross Scott Hookway had his first win in the under-12 race. New youngsters Alex and Lorna made their racing debuts here as well. Simon and Craig rode in the Seniors but not with the same success!

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 5 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 29 September and 27 October.

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 is £15 (cheques to Sherwood Cycling Club) bookings to :
Paul Wilson, 19 Lascelles Avenue, Gedling NG4 4GB tel. 0115 9614098
e-mail thewilsons@sueandpaulwilson.co.uk .

CLUB HILL CLIMB 30 SEPTEMBER

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.

GO-RIDE, UPDATE BY TREVOR ADAMS

We've been running the Monday Go-ride sessions at Carlton-Le-Willows School since the beginning of June. The response has been good with up to 23 youngsters attending some of the sessions. Numbers have dropped off in recent weeks due to people being away on holiday, but we now have a core of 6-8 riders who come every week. 4 of these have become members of the club and we hope to recruit more over the coming months. We are encouraging everyone to have a go at cyclo-cross, with the cross season starting in September.

The Go- Ride sessions vary from week to week. We sometimes set up an obstacle course which involves riding through and around cones, under a "limbo pole", stopping and starting without putting your foot down and picking up a bottle from a table and putting it down again. Other sessions have practised skills used in racing such as starting, cornering, braking, descending, steering a course through trees, etc. We often finish off with a mock race of some kind.

With the nights drawing in, we are not sure how much longer we will continue with the evening sessions. We may use some of the Go-ride funds to buy a generator and some floodlights or there is a possibility that we could use the indoor facilities at the school or move the session to a Saturday morning. We are also applying for some funding from the County Council via the Community Sports Fund. If successful, we will use this money to buy some bikes, for further coach training and for publicity and promotion. In the longer term, we will also be applying for an "Awards For All" Lottery grant. We have already produced a Young Riders Newsletter and will continue with these.

The people delivering Go-Ride within the club are the coaches - Craig Watson, Simon Hookway and Dave Carter, assisted by Steve and Trevor Adams and the BC Go-Ride coach Steve Crosland. Steve Adams is hoping to go on a coaching course within the next few months to boost the coaching staff. After a few false starts, it is nice to see the Go-Ride initiative finally taking off and generating new members for Sherwood.

CLUB LEISURE CLOTHING

I have a stock of Sherwood Leisure clothing in quality cotton with embroidered lettering/logos. Black 75th Anniversary T-shirts in small and medium sizes are at a reduced price of just £3. In blue, I have Fleece (L & XL) £14, Polo shirts (L & XL) £10 and T-shirts (S, M, L & XL) £5

YOUTH HOSTEL WEEKEND 8/9 NOVEMBER

Mike Wragg is planning a Youth Hostel Weekend in the Peak District for the weekend of 8/9 November. The format will be similar to previous years. Ride to the Youth Hostel on Saturday (bags taken by van) and ride back on Sunday. The actual destination depends on availability but the earlier the booking is made the better the choice of destination. Meals would be at the Youth Hostel or at a nearby pub (or you could cook your own).

Mike needs some idea of numbers as quickly as possible via e-mail mikey_wragg@hotmail.com.
If you haven't access to e-mail ask someone who has.

CLUB DINNER

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

2009 OPEN TIME TRIALS

Organisers are **urgently** required for the Open 10 and 25 (or other event anyone may wish to run). Details have to be submitted by mid September.

EVENING TENS LEAGUE

With a late surge Nigel took over the lead in the Senior fastest section moving one point ahead of Matt with Gisli in third position. Gisli's season long improvements also gave him second position in the Handicap Section but Pete Fostun was a deserving winner of that section.

Steve Adams was the only rider to get inside 22 minutes with 21:37 on 27 May. Nigel, Matt, Gisli and Darren managed sub 23-minute rides a total of 28 times.

Chris Dale won both sections of the Junior League with only three Juniors taking part.

The total number of riders and rides fell again this year despite having one extra event. With no event totally rained off, the least number of riders was 9 and most we had was 24.

Overall the series was successful and the extra event was well worth running.

Any suggestions for changes/improvements are always welcome.

Thanks to Pat, Pat, Dave, Wayne and Giles for their invaluable assistance over the season.

	5 Aug	12 Aug	19 Aug	S	H
Verity Butler				1	0
Lesley Cliff	30:25	30:16	31:26	10	25
Neil Copland		25:00	25:34	15	22
Cameron Davis			29:31	11	20
Chris Draper		25:58		10	24
Martin Edjvet				7	12
Matt Fostun		23:38		20	7
Pete Fostun	25:30		25:28	16	35
Chris Frost				3	3
Liz Green-Davis				10	27
Ian Hales	26:04		26:16	14	15
Mike Hankin	26:10	24:28	24:22	28	21
Matt Hemsley		26:18	26:16	12	16
Darren Hodgkinson				42	24
Simon Hookway				18	26
Gisli Jenkins	23:05		22:44	52	32
Paul Knowlton	27:07	26:43	26:48	10	26
Mike Mitchell				2	6
David Moutrie				3	3
John Phimister			25:11	14	26
Matt Shaw			23:56	56	12
Phil Shaw			26:35	8	12
Richard Thompson				1	0
Dave Taylor				1	0
Pete Walton				2	6
Craig Watson	25:22			22	23
Giles White	26:14	24:18	23:49	36	21
Nigel White		22:46	23:07	57	17
Dave Woodward			24:36	13	16
Juniors					
Chris Dale				36	30
Paul Fostun		24:18		18	6
Joe Gosling		27:01	27:12	22	17

ED'S DIP INTO THE PAST - 1981 – continued from last month

On returning home from Salzburg I resumed training again with the Sherwood 100 on 5 July as a target before the Leicester Forest 12-hour on 2 August. Unfortunately, on a training run 1 July, I was returning along the A60 from Mansfield at Seven Mile House when a lorry came out from Burntstump over the Stop sign (there are traffic lights now) and hit me side on. I was sent flying across the road. My bike was wrecked and I was battered, but no serious injury. The driver took me home and I then went to A&E to get the usual wounds patched up.

I could still ride, but with great difficulty. At the weekend I managed the Saturday morning run and started the 100 on Sunday. I used my old racing bike, but packed just before 25 miles having taken 1:35 to get that far. The next weekend I was DNS in the Rotherham 50 and decided not to enter the Leicester Forest 12 hour. Instead I just rode my touring bike and my old racing bike, building up gradually with a few 100-mile rides.

I bought a new Raleigh racing frame (steel, of course) to build into a new road bike (no TT specials then).

Racing resumed on 16 August with the Barnsley RC 50 where I did a poor 2:17 twenty minutes down on the winner. I had now set a new target - the Oldbury 12-hour in September, so for extra training I did a 90-mile ride home after the 50. The Club Championship 50 followed on the next Sunday and I did 2:14 for second place behind Dave Smith's winning 2:12. Another ride after the race brought me up to 132 miles for the day.

On Wednesday I had a day off work for training with a 120-mile round trip through the Peak District to Macclesfield and back. Two evening training runs and the Saturday morning run set me up for the Nottm Clarion 100 on Sunday. 2:13 for the first 50 (getting better!) and the 2:10 for the second half and a pb 4:23 for 6th place (out of 80). I noted in my diary what I ate during the 100 – two dates and Kendal Mint Cake – no Energy Drinks then!. Just a 40-mile ride afterwards – don't want to overdo it! – next day was Bank Holiday Monday, and so it was a club run (76 miles in Charnwood Forest).

A welcome rest day on Tuesday, 30-mile fast Wednesday, another day off work Thursday for 85 miles training and then the usual Saturday morning run.

The Sherwood Open 50 was on Sunday – another pb 2:06, but still 14 minutes down on the winner Jon Burnham. Only a 50-mile ride after the event as I was now tapering (as it is now called) for the 12 hour the following Sunday.

After an almost sleepless night and a very early start the weather was not good with some heavy showers and a moderate wind, but at least it wasn't too hot. My legs were stiff at first and I struggled over the first 100 miles then had a short delay for a puncture. I stopped briefly on the finishing circuit but finished strongly, holding off Phil Griffiths who was catching me on his way to a 260-mile ride. I managed 245 miles for 13th place behind winner Greg Kinsell (267). My diary says "Ate and drank very little ~1200kCal and 2-3 pints" and "Lost 6-7 pounds". I think eating and drinking arrangements would be different nowadays!

This was just about the end of my racing season. I had a recovery week before the Club 25 Championships (17 riders entered in advance) the following Sunday where I was third 3½ minutes down on winner Lin James and a minute down on a young Andrew Jackson - but I did win the Halford Trophy, despite riding slower than in the Clarion 100.

Then it was soon the social season with club runs and YHA weekends. We went to see the National Hill Climb on the Horseshoe Pass. Saturday was a ride over to Chester YH in pouring rain with a loop into Wales on Sunday morning. The rain turned to snow and the hill climb start was delayed 2 hours to allow the snow to melt. We couldn't stay, as we had to get back to Shrewsbury YH (and we were frozen) before riding home on Monday.

Another YH weekend at the end of November to Thurlby when I did a warm-up on the Saturday morning run to the Limes before joining others for the ride to Thurlby in the afternoon. December was very cold and snowy. We went to Castleton YH a week before Christmas, only to wake up on Sunday morning to snow up to our hubs and a blizzard raging. Quite an adventure getting home from there!

The Boxing Day Ten was cold and I rode my winter bike complete with saddlebag to do 31:05 with winner Mick Perrin catching me a minute on the line.

To round the year off my diary says "Worst December for 103 years" and I had ridden in snow every month except May, July, August and September!

Oh!... and don't use my training and eating as a recipe for success!