

# Acorn Newsletter April 2009



## Sherwood Cycling Club

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Congratulations to Nick Wight and wife Caroline on the birth of their baby Alexander.

Welcome to new members Joshua and Sienna Jenkins (Gisli's children), Thomas Whiting and Mark Wakeling.

### **CLUB MEETINGS 2009 AT ARNOLD VICTORY CLUB**

Club nights and open Committee Meetings are held monthly on Mondays from 7.30 p.m. at the Arnold & District Victory Club, Church Drive East, Arnold from 7.30 p.m. The next meetings are 27 April and 18 May. Click [here](#) for a map.

### **CLUB MEMBERSHIP 2009**

Club subs were due for renewal from January. If you are re-joining after 31 March Seniors will have to pay the £5 joining fee in addition to the £15 subscription. [Renewal forms](#) have been sent out to members but can also be downloaded.

### **NEW CAFES**

Back in January Jim Hollands tipped me off regarding a new café due to open at Dove Cottage (GR 745324). It is about half way between Plungar and Harby over the canal bridge by the sharp bend. The tearoom is now open for the summer, every day between 11.00 a.m. and 3.30 p.m.

The Old Rutland Café has also opened on Main Street in Bottesford. Unfortunately, it is closed on Sundays but would be a good stop during the week.

Pat Gutteridge tells me that a new one may be opening between Whatton and Redmile. Any further information on new cafes is always welcome.

### **CHEAP CLUB JERSEYS!**

I have a number of short sleeve jerseys with  $\frac{3}{4}$  concealed zip at a special price of just £14. These are not of the usual print quality with a slight colour mis-match.

## **CLUB RUNS**

Sunday runs meet Shearing Hill/Burton Rd junction at **9.30 a.m.** leaving 9.40 a.m. Runs are also held on Bank Holiday Mondays with the same start time as Sundays.

The start time becomes **9.00 a.m.** on Sunday 26 April. The 9.00 a.m. start for Sunday runs remains until the end of September.

On 26 April the aim is to go and see the East midlands CiCle Classic road race it will be a full day's ride returning around 5 p.m. Matt Fostun has been picked for the East Midlands Team and Steve Adams is expected to be riding for Plowman Craven. This year the ex Paris-Roubaix winner Magnus Backstedt is also down to ride. The 100-mile International Race covers a tough course with off-road sections in the Oakham and Melton area.

A good spot for watching the race is Owston Village as the race passes through several times and the infamous off-road section of "Somersburg" is just down the road. Refreshments are also available as well as race commentary – let's hope the weather is kind again this year. It is possible to get to Melton Mowbray in time to see the finish but the police do close the A606 so you have to be quick.

Wednesday runs meet at Lowdham 9.15 a.m. prompt.

Next Sunday (5 April) the run will be going to the Kingfisher Cafe at the Portland Fishing Lakes near Sibthorpe. Last month's run prompted this letter from Jim Hollands:

*"What a joy it was to see all the young "Go-Ride" members out at the Kingfisher Café at Sibthorpe on 1 March. The enthusiasm, chatter and the sort of daft things we used to do, like riding up the bank, was good to see.*

*Credit and thanks must go to all those who give up their time to coach and advise these youngsters.*

*To all the young people, I would say be grateful to them as they are introducing you to one of life's great adventures, exploring the countryside from the saddle of a bicycle, the sights, sounds, smell and feel of it all.*

*You lucky people! Get out and ENJOY. Jim Hollands"*

## **TRACK RACING**

Since the demise of the Harvey Hadden Track the only really local track racing is at Forest Town near Mansfield from 7 p.m. on Monday starting 13 April (Easter Monday). If it is raining the sessions are postponed until Wednesday (check on [Veloriders](#)). Entries costs £6 for Seniors and £2 for Juniors. Further details Graeme Waters on 01777 248890 or [click here](#).

For a detailed map – see the actual track - [Click here](#). - the track is rectangular, around a football pitch with gently banked corners, nothing like Manchester. It does present a less daunting entry into track racing than having to ride up steep banking!

Seniors must be on a fixed wheel track bike but Juniors can ride any bike. You do have to wear a helmet.

Have a go and report back on your experience and more may come and join you.

## RACING NEWS

We were well represented in the first Darley Moor circuit races on 7 March. Scott Hookway won the under-10 boys race, Alice Weeds was second in the U12 girls, Tom Weeds 4<sup>th</sup> in the U12 boys, Katie Weeds 3<sup>rd</sup> in the U14 girls and Callum Bramley 9<sup>th</sup> in the U16 boys.

Scott repeated his win at Darley Moor the next week and again on 21 March to make it three wins in a row. Tom improved to decisively win the U12s in what was only his 3<sup>rd</sup> road race after sprinting clear to leave previous winner Arthur Green (Matlock CC) struggling. In the ¾ race Pete Walton finished in the bunch while Simon Hookway was dropped – still trying to get fit after his collar bone break.

Steve Walsh was our sole rider in the Matlock Hilly 25 with 1:23:30.

On the other side of the world, Martin Riley completed an Ironman Triathlon in his new home country of New Zealand finishing just two seconds outside 11 hours for 321<sup>st</sup> out of 1288 starters and he rode in his Sherwood jersey for the 180km cycling section.

### FIRST 20-MILE CIRCUIT TIME TRIAL SUNDAY 22 MARCH 2009

It was a warm bright morning but with a gusting NW breeze that prompted a good turnout for the first event of the season. Better than last year's snow.

Gisli was fastest beating Matt Fostun (resplendent in his new cyclingbargains.com kit of his new racing team).

Steve beat Simon for best handicap time outwitting Wayne's handicapping.

Matt Shaw didn't start after puncturing when warming up.

Name	Time	H/C	H/C Time	Acorn Points
Gisli Jenkins	50:41	Scr	50:41	4
Matt Fostun	51:34	--	--	3
Giles White	53:07	3:00	50:07	4
Simon Hookway	54:24	6:30	47:54	3
Steve Walsh	56:38	10:00	46:38	4
Mike Hankin	57:32	--	--	1
Martin Edjvet	59:49	--	--	1
Matt Hemsley	1:00:33	--	--	1
Cameron Davis	1:06:50	--	--	1
Lesley Cliff	1:10:14	20:00	50:14	1
Liz Green-Davis	1:11:32	---	---	1
Matt Shaw	DNS	Punct.		
Paul Ward	58:45	PT		

Timekeeper and handicapper was Wayne Bradley (assisted by Jim Hollands)

### SECOND CIRCUIT TIME TRIAL SUNDAY 29 MARCH 2009

The first day of British Summer Time and a cold start reduced the number of riders. It must have felt worse for winner Darren having just returned from a training week in Portugal.

Mike knocked over 5 minutes off last week's time and took the handicap award as well as second fastest.

Name	Time	H/C	H/C Time	Acorn Points
Darren Hodgkinson	50:27	---	---	4
Mike Hankin	51:53	Scr	51:53	7
Craig Watson	54:43	1:30	53:13	5
Joe Gosling	55:49	---	---	1
Martin Edjvet	57:33	2:00	55:33	2
Andy Proffitt	50:25	PT		
Daniel Gee	59:19	PT		

Timekeeper and handicapper was Wayne Bradley (assisted by Jim Hollands).

## **CLUB TIME TRIALS**

The next two 20-mile Circuit Time Trials are on Sundays 5 and 14 April. Start time is 9.00 a.m.

The circuit starts at the lay-by north of Oxton Island on the A6097 (where the evening tens start). It is two laps of A6097 to Northgate Island, left on A614, straight across the Longdale Lane Island to the B6386. Left down to Oxton Island and left on A6097 to complete the circuit. View the course [here](#).

The Oxton Bank Hilly 26-mile time trial is on Sunday 3 May starting 9 a.m. on Oxton Lane (B6386) near the Ollerton Road (A614). The route is B6386 to Oxton Island, straight on past Oxton Village, turn left on Southwell road (still B6386) up Oxton Bank down into Southwell. At mini-island turn right (A612) to Upton. On right bend turn left on minor road to A617 junction. Turn left through Hockerton and Kirklington to Lockwell Hill Island. Left on A614 across White Post Island to Northgate, bear right on A614 across Longdale Island, left on B6386 to finish at start point. [Click here](#).

Tuesday Evening Tens start at lay-by on A6097 about 0.6 miles north of Oxton Island 7 April until 18 August. April events and the last two in August start 6.45 pm, mid-season events start at 7 pm. From the lay-by head north on A6097 to Northgate Island, left on A614 to Longdale Island. Circle island and retrace on A614 to Northgate where turn right with care (move out when clear and then give way to traffic on your left at “give Way” sign). Follow A6097 south past the start to Oxton Island, straight on and finish about 0.6 miles from the island. After finishing turn left into side road that leads back to Oxton. [Ten course link](#). Entry forms not needed - just sign on.

Except for Evening Tens to get a handicap allowance bring a completed CTT Entry Form to the start. 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. Under 18s must have a signed Parental Consent Form and all riders should be members of a CTT affiliated Club (such as Sherwood CC). This is for insurance purposes.

## **TELEVISION COVERAGE OF CYCLING**

We are fortunate now to be able to watch our favourite sport (cycling not football!) on the television (even the BBC now cover track racing) but for seeing Classics like Milan San Remo (and Cav's fantastic win this year) you do need Eurosport. Sky might even increase coverage with their recent interest and big sponsorship of cycling in Britain.

You can get Eurosport free (old analogue satellite and International version) or subscribe. You can also now subscribe to watch it on the your PC via the Internet avoiding the cost of subscribing to channels you don't want. There are also many other tv links on the Internet allowing you to watch races free including many not featured on Eurosport. A good source for these links is [www.cyclingfans.com](http://www.cyclingfans.com) - not usually in English though.

## **MARSHALS**

This year the Club is running two open time trials. A 25 on 13 June (Mike Hankin) and a 10 on 25 July (Martin Edjvet). Marshals and helpers are required for these events and we need a volunteer to organise these helpers. Dave Gartside is willing to show the volunteer the system he instigated last year.

## **GO-RIDE**

The sessions for coaching youngsters are continuing on Mondays from 7 p.m. at Carlton Forum.