

Acorn Newsletter

December 2009



Sherwood Cycling Club

President: Mr Frank Beale

Web site: www.sherwoodcc.org.uk

Forum: <http://forum.sherwoodcc.org.uk>

Editor, Ed Ward, 52 Shearing Hill, Gedling, Nottm NG4 3GX Tel. 9615477 edwinward@btinternet.com

Secretary, Trevor Adams, 16 Glendale Close, Carlton, Nottm NG4 4FD Tel 9614415 t.adams640@btinternet.com

Treasurer, Martin Edjvet, 5 Fourth Avenue, Sherwood Rise, Nottm NG7 6JB Tel. 9620572

martin.edjvet@nottingham.ac.uk

Membership Sec. Robert Godfrey, 6 Regents Place, Wilford, Nottingham NG11 7AY Tel. 9815226

e-mail_membership@sherwoodcc.org.uk

Welcome to new members Ben Nichols, Jake Wells, Alex Holliday, David Staiano, Jen Sutton and Edward Wright who have all joined the Club recently.

Congratulations to Scott Hookway and Paul Fostun for winning awards in their age groups at The Gedling Sports Awards.

Well done to Chris Pearson for doing a 125-mile sponsored ride from Derby to Hull raising over £1,000 for Children in Need.

ANNUAL GENERAL MEETING AT ARNOLD VICTORY CLUB 7 DECEMBER

The AGM is on Monday 7 December starting 7.30 p.m. at the Arnold & District Victory Club, Church Drive East, Arnold. Click [here](#) for a map.

No proposals have been put forward to change any of the Club Rules but we have to approve things like subscriptions and entry fees. The Committee also needs electing so if you want to volunteer for any post this is your chance. There should also be an opportunity for things to be discussed under Any Other Business.

It is your Club and it is run on a democratic basis. It is your chance to put forward your views or take a more active role in running the Club.

CLUB RUNS

Sunday runs meet Shearing Hill/Burton Rd junction at **9.30 a.m.** leaving 9.40 a.m. picking up anyone waiting at Lowdham at 9.50-9.55 a.m.

Wednesday runs leave from Lowdham War Memorial 9.15 a.m.

The Saturday Easy Runs meet at Lowdham 10.00 a.m. (20-30 miles with a café stop).

GO-RIDE

Through the winter the focus will be on cyclo-cross while on the road there are the weekly Easy Saturday Club Runs and some Sunday runs starting from Car Colston at 10.00 a.m. – the next one is on 20 December. Keep an eye on the Forum for any other activities.

WATT BIKE SESSIONS

British Cycling has a Watt Bike session at the Nottingham University Jubilee Campus, Triumph Road on 9 December between 8.00 and 9.30 p.m. All Club members are invited to take part – just tell them you are a Sherwood member.

Nottingham Clarion are also planning to have regular Thursday night (6.30-9.00 p.m.) indoor training sessions in the New Year at Holme Pierrepont Sports Hall featuring Watt Bikes, turbos and rollers. All are welcome and there will be a nominal charge of £2 to cover costs. Watch the Forum for confirmation.

Details of the Watt Bike can be found on <http://www.wattbike.com/>. The bike has pedals suitable for SPDs or no cleats.

CLUB LUNCH AT HOVERINGHAM SUNDAY 13 DECEMBER

Ann has again booked the Ferry Farm at Hoveringham for a 3-course luncheon on Sunday 13 December starting at 12.30 p.m. The food here is always good and you can take your own wine. You can also cycle there if you do not wish to miss your Sunday ride.

The menu is soup, a chicken dish (in a sauce or plain if you prefer) followed by a choice of pudding. There is also a vegetarian option if specified in advance.

Bookings to Ann Spencer, 9 Woolacombe Close, Spring Lane, Mapperley, Nottingham NG3 5SL with payment of £15 per person (cheques payable to Sherwood Cycling Club). Children can also be catered for (kiddies menu available).

You can also follow up with meeting some members at the Joseph Else in the Market Square 7-7.30 p.m. for a drink.

GRAND PRIX DE GENTS SUNDAY 6 SEPTEMBER

A bit late with the result but Ian and Giles were easily fastest on actual time and against the Vets' target time.

Only 3 teams entered and Joe punctured leaving Dave to ride alone and still record the best time on standard but not qualifying to repeat last year's win.

Wayne did the timing.

Team	Time	Standard
Ian Hoggarth/Giles White	49:44	+3:16
Matt Hemsley/Mike Hankin	54:02	-2:38
Joe Gosling/Dave Woodward	DNF	
Dave Woodward (solo)	53:42	
Callum Bramley (solo)	56:00	

CLUB BEST ALL ROUNDER 2009

The Bert Morris Trophy is awarded to the rider having the fastest average of average speeds in the 20-mile circuit events, 10s and 25s.

Gisli had the fastest average this year after a close tussle with Matt.

Rider	Circuit TT	'25'	'10'	BAR Speed
Gisli Jenkins	24.691	26.424	26.786	25.967
Matt Shaw	24.607	25.028	27.211	25.615
Giles White	23.384	24.161	25.623	24.389
Craig Watson	22.250	24.583	25.017	23.950
Mike Hankin	23.331	22.630	25.605	23.855
Martin Edjvet	21.965	23.634	24.145	23.248
Lesley Cliff	17.086	18.167	19.565	18.273

BOXING DAY TEN 10.30 A.M. 26 DECEMBER

Our annual festive 10-mile time trial on Boxing Day starts at 10.30 a.m. on our usual course from the lay-by north of Oxton Island. See the course on [Ten course link](#).

Entries are on the line and you are welcome to ride it as seriously as you like or potter round for fun – fancy dress optional.

CYCLO CROSS

Notts & Derby Cyclo-cross League

Round 8 Bulwell – report by Craig

Our newest recruit Alex Holliday riding the club Isla bike in the U10's had a great start and improved tremendously from the previous week to finish 13th from 31 finishes.

In the U12's Scott continued his good form finishing 4th again and remaining a close 3rd in the league.

In the Youths race we had mixed fortunes with a disappointed Callum finishing 8th, Tom who at one point had caught Callum only to have a mechanical on the last lap dropping him to 12th, Katie had one of her best rides finishing a lap down in 20th and Jake wells who missed his start and started a lap behind finished 29th out of 31 finishers.

In the Seniors I was the only starter this week, I was going the best I have all season catching riders all through the race only to have a rear puncture on the last lap about $\frac{3}{4}$ the way around the lap from the pits. I lost 11 places on the run in to finish 91st out of 111 finishes.

Full calendar for the League is [here](#) and forthcoming events are below.

Date	Club	Organiser	Telephone	Venue
19 Dec	Team cyclo-cross	Michelle Gascoigne	01332 360034	Alvaston Park DE24 8QQ
2 Jan	Matlock CC	Harry Gould	01629 822259	Thornbridge DE45 1NY
23 Jan	VC Long Eaton	Rory Screaton	07982 240505	Trent Meadows NG10 3FQ
6 Feb	Ashfield CC	Andrew Naylor	0115 8546803	Darley Moor S42 6LA
13 Feb	Sherwood CC	Simon Hookway	01773 813334	Sherwood Pines NG21 9JL

HELP NEEDED FOR CYCLO-CROSS 13 FEBRUARY

As you can see the final round of the NDCXL is again being promoted by Simon Hookway on behalf of the Club. This year the race is being held at Sherwood Pines Forestry Park nr Rufford/Edwinstowe on Saturday 13th February 2010. Helpers are needed throughout the day to assist with setting the course up, marshalling the races and taking the course down - so there is some flexibility on times between 8.30 a.m. and 4.00 p.m.

If you available to help please contact Simon (who is promoting his first event and needs all the help he can get!!) on simonhookway@btinternet.com or 07920 764566.

CYCLING TIME TRIALS HANDBOOKS FOR 2010

If you are planning to enter Open Time Trials next season you will need a CTT Handbook for details of events and where to send your entries. The handbook costs £8 (including postage) and is due for publication on 9 January.

You can order on-line by clicking [here](#) or by sending a cheque (payable to CTT) to Keith Lawton, 1 Pinfold Court, Sherburn in Elmet, Leeds LS25 6LD.

CLUB DINNER SATURDAY 20 FEBRUARY 2010

The Annual Dinner and Prize Presentation is on Saturday 20 February at the Ramsdale Golf Club, Calverton NG14 6NU at 7.00 p.m. for 7.30 p.m. There will be a 3-course meal and the cost is £19 with reductions for children. Children can opt for a child's meal from the bar.

Bookings with cheques payable to Sherwood Cycling Club should be sent to Paul Wilson, 19 Lascelles Avenue, Gedling, Nottingham NG4 4GB Tel 0115 9614098. Please indicate if you require the vegetarian option and any children's requirements (i.e. based on the main meal or from the bar).

The evening is intended as a pleasant, social occasion where members, family and friends get together. There are plenty of car parking spaces, but for anyone not wishing to drive lifts may be available and organised through the Members' Forum a bit nearer the date.

CLUB CLOTHING

I still have a fair amount of Club Clothing stock but sizes are limited particularly in shorts and skin suits.

The prices are highly competitive – older stock is maintained at the previous price and is limited.

I also have some short sleeve tops in mainly smaller sizes where the printing is not up to expected standards. These are for sale at just £14.

If you need anything just let me know and you can call round to try.

There is also some embroidered leisure clothing – Anniversary black T-shirts £3, Fleece £14, Polo Shirts £10 and blue T-shirts £5.

	Old	New
Jersey BioActive s/s ¾ hidden zip	£28	£28
Jersey L/S Jacquard winter full zip	£36	£39
Jersey L/S Jacquard summer full zip	£30	
Jersey L/S BioActive summer full zip		£32
Jersey S/S Summer jacquard full zip	£26	
Jersey S/S Summer jacquard ¾ zip	£25	
Jersey sleeveless summer full zip	£24	
Wind Vest - light gilet	£29	£30
Atom Breathable Rain jacket	£46	£46
Windtex winter jacket	£58	
Skin suit Short Sleeve	£45	£49
Skin suit Long Sleeves	£45	
Super Roubaix winter bibtights	£40	
Vuelta Winter bibtights with pad		£46
¾ Roubaix bib tights with seat pad	£44	£44
Bib Shorts	£30	£33
Lycra bib tights	£31	
Lycra Arm warmers		£10
Gel Track Mitts	£10	

ACORN NEWS

The Acorn News is for the Club and it would help if others contributed a bit more! If anyone wants to write a regular column, write an article or promote some activity or event they are most welcome.

Happy Christmas to everyone