

Acorn Newsletter July 2009

Sherwood Cycling Club

President: Mr Frank Beale



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Welcome to another new member Ian Hoggarth.

I'm pleased to report that our President Frank Beale is now looking fit and well after his recent operation. He is even starting to ride again.

END TO END



Trev and Sue completed their epic ride from John O'Groats to Lands End on 3 June on the 19th day after starting covering over 1000 miles of cycling.

After a lot of rain in Scotland the weather improved as they headed south and ended up hot and sunny.

Sue had some knee trouble for (note the bandage) but she was determined not to give in and Trev changed the route a bit to avoid some climbs.

The concept of the ride was to mark Trev's 50th birthday with an enjoyable challenge. It should certainly give them some happy memories.

It was a particularly great achievement for Sue as she was not an experienced cyclist like Trev (she qualifies now though!).

This is what cycling should be about – doing it for enjoyment. Well done.

For the full story of their ride click [here](#)

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 July and. Click [here](#) for a map.

CLUB RUNS

Sunday runs meet Shearing Hill/Burton Rd junction at **9.00 a.m.** leaving 9.10 a.m Wednesday runs leave from Lowdham War Memorial 9.15 a.m.

Sunday 5 July is the monthly venue of the Kingfisher Café near Sibthorpe where anyone can meet up with the Club Run. Although the café is quite close there is plenty of scope for longer routes both out and back.

EASY RUN LOWDHAM 10 AM SATURDAYS

We have started some regular very easy runs on Saturdays starting 10.00 a.m. from the War Memorial at Lowdham. The runs are a round trip of about 20-25 miles from and back to Lowdham. Everyone is welcome especially the less fit, beginners or occasional riders. We have been getting up to six riders so far but hopefully this will increase as word spreads.

We have been having café stops at places like Sibthorpe, Orston and Brinkley. If you want an easy sociable ride come and join us.

A responsible adult must accompany any under 14s. As with all our runs, riders takes part entirely at their own risk and should ride responsibly.

RACING NEWS

Mark Wakeling finished a creditable 8th (and best 4th Cat) in the Devil Circuit Race at Bike Radar Live, Donington Park. At Yarborough Scott Hookway won the U10 sprint race, the scratch race and was second in the handicap race while Callum Bramley was 3rd in the U16 handicap race. Callum had two more 3rd places at Mallory on 2 and 9 June, 4th on 16 June then moved up to 2nd on 23 June.

In the Newark Castle 25 Matt Shaw did 56:34 for 6th place, Gisli Jenkins 57:59, Craig Watson 1:00:56, Mike Hankin 1:03:01, Dave Woodward 1:03:08 and Martin Edjvet 1:03:55.

Our own Open 25 run by Mike Hankin was blessed with good weather and a team win for Sherwood with Matt Shaw 55:09, Gisli Jenkins 55:42, Giles White 57:30 beating North Notts Olympic, Leics RC and Walsall RC by less than two minutes. Our other riders were Ian Hoggarth 58:38 (his first 25!), Craig Watson 58:52, Simon Hookway 59:10, Martin Edjvet 1:00:52, and Steve Walsh 1:01:2. R. O'Rourke won the event in 50:27. The Melton Olympic 25 the following week was good weather again Gisli did 55:54, Simon improved to 57:47, Giles 58:21, Dave Woodward 1:00:39 and Martin 1:00:55. Despite Matt puncturing when warming up and not starting Gisli, Simon and Giles won the team.

Conditions were excellent for the CDLCA 25 on 26 June with plenty of personal best times. Matt did 52:54 (pb), Gisli 53:35 (pb), Giles 55:26 (pb), Simon 56:12 (pb) and Woody 57:44. Matt, Gisli and Giles broke the Club 25-mile Team Record with 2:41:55 deposing Nigel White, Neil Walker and Giles who held the record for the past three years with 2:43:16. Matt Bottril won the event with 48:05!

CLUB DINNER, RAMSDALE GOLF CLUB, SATURDAY 20 FEBRUARY 2010

After very good comments about the last Club Dinner the same venue has been booked for the next Dinner. The Golf Club at Calverton has good parking facilities, good food, a pleasant room for the function and is reasonably priced.

I know it is a long way in advance but now is the time to book it in your calendar so you keep the date free. For those without transport lifts can be arranged on the Club Forum nearer the date.

GO-RIDE

The sessions at Carlton Forum continue on Monday evenings from 7 p.m. Craig Watson and Dave Carter in particular have been working hard to keep these session going.

OPEN 10 SATURDAY 25 JULY 2009

Martin Edjvet is organising Open 10 on the Long Bennington course A10/14a start time is 5pm. Entries (£7.50) close on 14 July so you can still enter. The event is likely to get a full quota of 120 riders.

Contact Martin Edjvet, 5 Fourth Avenue, Sherwood Rise, Nottingham NG7 6JB (tel 0115 9620572).

See the course on <http://www.bikely.com/maps/bike-path/A10-14a> -useful for riders and helpers.

The **provisional** list of helpers is as below. Many thanks to these volunteers. Martin will confirm details with individual helpers.

We still need a couple more helpers – particularly if you haven't helped yet!

HQ	Signing on/issue numbers	1	Peter Clarke
	Refreshments	3	Ann Spencer Matt Hemsley A. N. Other
	Result Board	1	Jon Hunt
Start	Pushing Off	2	Don Cunningham Paul Knowlton
RAB at Foston road	Marshal	2	George Thackray
Leave A1 to Gonerby	Marshal	1	Alan Green
Gonerby Island	Marshal 2 exits	2	Chris Frost Pat Gutteridge
New Island over bridge	Marshal R to A1 slip	1	Cameron Davis
Slip road off A1 to finish	Marshal	1	Ian Church
Finish	Timekeeper's Assistant	1	Paul Monaghan
Mobile	Signing	2	Paul Wilson A. N. Other

CLUB TIME TRIALS

The second 25-mile time trial is on Sunday 5 July. The start is in Barnstone Village at 9.00 a.m. The course is left after 1 mile Granby Lane, A52 Bingham by-pass, left Langar, Harby, left to A52 Bottesford by-pass, left Elton, Whatton by-pass and left up Granby lane to finish before Granby. View the course [here](#)

The Club 25-mile Championship is on Sunday 2 August using the Cromwell course [A25/25](#) starting at 9.00 a.m. The Club Champion wins the Albert Sharp memorial Trophy and the winner on handicap time gets the Halford Trophy.

Tuesday Evening Tens start at the lay-by on A6097 about 0.6 miles north of Oxton Island start time is now 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.

EVENING TENS LEAGUE

The better weather has encouraged more riders in recent weeks.

Matt Shaw is now only 2-points off the maximum score having had 8 wins and two second places in his ten best scoring rides. Gisli is in second position but has had a bad run of frustrating mechanical problems.

As usual the handicap section is close with Mike Hankin one point ahead of Verity.

Joe continues to dominate the Junior section with no opposition but he has been turning in some good times.

The event on 23 June was the Club Championship won by Matt to take the John Watson Trophy.

Events now start at 7 p.m. and return to 6.45 p.m. on 11 August.

	2 June	9 June	16 June	23 June	S	H
Trevor Adams			30:24	30:57	4	3
Verity Butler	26:18	26:48	26:15	26:40	9	26
Andy Clarke			25:28		1	0
Ian Church				24:15	2	0
Lesley Cliff	30:40	32:21	31:27	30:48	8	16
Neil Copland	24:59			25:54	11	7
Cameron Davis	27:42		28:17	29:18	10	21
Chris Draper					2	1
Martin Edjvet	25:26	25:54	25:05	25:42	8	20
Pete Fostun		24:44		25:18	9	16
Chris Frost					2	6
Liz Green-Davis					1	0
Andy Greenstreet		26:47	25:58	26:35	8	12
Ian Hales	25:00	25:27			7	22
Mike Hankin	23:35	24:22	23:27	24:55	33	27
Matt Hemsley	26:03		26:21	26:54	10	12
Ian Hoggarth	23:59	24:36	24:07	24:37	4	3
Gisli Jenkins	22:24	22:51	25:18	23:09	53	10
Mike Mitchell	29:10	29:42	29:22	29:45	5	11
Richard Newton	26:48	27:43	26:49	27:01	4	3
Chris Pearson					1	0
Matt Shaw	22:35	22:24	22:24	22:23	58	24
Andrew Thompson	24:09		25:20		4	7
Pete Walton					1	0
Craig Watson	23:59	24:25	24:05	24:36	25	20
Giles White	23:22	23:44	23:05	23:51	42	19
Nigel White	23:10			22:51	5	5
Dave Woodward	24:25		24:30	25:02	9	18
JUNIORS						
Joe Gosling	23:36	24:02	24:11	24:58	48	42
2nd CLAIM						
Paul Fostun		24:48	24:41			