

Acorn Newsletter June 2009



Sherwood Cycling Club

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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 29 June and 27 July. Click [here](#) for a map.

END TO END

Trev and Sue Adams have started their epic ride from John O'Groats to Lands End. Trev is posting updates of the ride on <http://jogler2009.blogspot.com/> that shows some mixed weather to start. They were having a rest day at Ludlow last Wednesday. Hopefully, this will help Sue recover from some knee trouble that has caused them to change route a little to avoid some of the climbs. They are due to reach Lands End next Thursday.

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 7 June is the monthly venue of the Kingfisher Café near Sibthorpe where anyone can meet up with the Club Run.

EASY RUN LOWDAM 10 AM 13 JUNE

I'm planning to do a very easy run on Saturday 13 June starting 10.00 a.m. from the War Memorial at Lowdham. This will be for a couple of hours and at 10-14 mph suitable for absolute beginners, the unfit (like me!) and anyone who wants a really easy ride. You can come on a mountain bike if you wish. It is ideal for anyone who wants to improve their cycling but for whom normal club cycling would be a bit daunting. You may wish to bring your children (or anyone else) out with you.

A responsible adult must accompany any under 16s. As with all our runs, everyone takes part entirely at their own risk and should ride responsibly.

GO-RIDE

The sessions at Carlton Forum continue on Monday evenings from 7 p.m.

RACING NEWS

First of all I missed out some wins by Scott Hookway last month (well he does win so much, it's hard to keep track!). He won the U10 scratch and handicap races at Yarborough on 5 April and then the next week repeated the winning streak but added the Sprint Race to his tally. At this venue Callum Bramley came 3rd in the under 16 scratch race.

At Curborough Tom Weeds was 5th in the U12 and 8th in the U12 TT while Callum was 6th and 5th in the U16 races. Scott won at Darley Moor in the U10 and Tome was 3rd in the U12. Callum got 3rd at Mallory on May 12 and repeated his placing the next week when Mark Wakeling was 9th in the Seniors.

At Forest Town Track Patrick Hughes has had several good placings and a win in the 1-lap TT. His dad, Roger, also had a win in the 3-lap H/C as well as a few other placings. Scott has also had a go with several placings in the various events.

In time trials the Derby Mercury 10 produced some fast times with Matt Shaw doing 21:54, Craig Watson 23:13, Simon Hookway 23:28, Dave Woodward 23:46, Steve Walsh 24:02 and Martin Edjvet 24:07. Gisli Jenkins was our fastest in the South Pennine 25 with 56:11, Matt did 56:24, Giles White 59:41 and Woody 1:01:2. A bit further west in the Stone Whls 25, Gisli did 57:26, Matt 58:08, Woody 1:01:13 and Steve Walsh 1:02:26.

Giles did 23:10 in the Chippenham 10 and Simon finished on a flat tyre with 24:35 in the Melton 10. Simon, Giles and Woody won the team in the Mapperley 10 (I don't have the times) Joe did a pb in his first Open – he and Craig just missed getting in the team.

Gisli rode the National Championship 10 and clocked 23:12.

Woody did the VTTA National Champs 10 (with his new bus pass in his pocket) finishing with 24:21. Mind you he is only a youngster compared with the winner on Vets Standard –Dennis Milsom did 25:07 and is 81 years old!!!

OXTON BANK 26-MILE CIRCUIT TIME TRIAL SUNDAY 3 MAY 2009

It was cold and windy for this tough 26-mile event with Matt turning out a clear winner and being fastest on handicap time. Simon was second fastest and second on handicap but take the handicap medal by virtue of the one medal per rider rule.

Gisli had the misfortune to crash (without serious injury) but good Samaritans Mike, Craig and Neil all lost time stopping to check he was OK.

Name	Time	H/C	H/C Time	Acorn Points
Matt Shaw	1:08:47	Scr	1:08:47	8
Simon Hookway	1:13:18	3:00	1:11:18	6
Mike Hankin	1:14:27	2:00	1:12:27	4
Craig Watson	1:16:45	4:00	1:12:45	1
Martin Edjvet	1:18:05	5:00	1:13:05	1
Matt Hemsley	1:24:38	--	--	1
Neil Copland	1:28:07	--	--	1
Gisli Jenkins	DNF	--	--	
Daniel Gee	1:19:50	PT		

Wayne was again timekeeper and handicapper.

FIRST 25-MILE TIME TRIAL SUNDAY 31 MAY 2009

The first 25 on the Granby circuit has a fine sunny day but a rising north-easterly wind to slow the riders.

Gisli cruised round to win from Giles while a below par matt slipped to 3rd.

Craig was best on handicap time.

Name	Time	H/C	H/C Time	Acorn Points
Gisli Jenkins	1:00:14	Scr	1:00:14	6
Giles White	1:02:25	3:30	58:55	6
Matt Shaw	1:03:12	--	--	2
Craig Watson	1:04:00	6:00	58:00	4
Steve Walsh	1:07:16	7:00	1:00:16	1
Lesley Cliff	1:23:36	21:00	1:02:36	1

Wayne did the timing and handicapping.

ACORN POINTS AND CLUB BAR

Acorn Points, latest position:

Gisli Jenkins 21; Matt Shaw 18; Giles White, Mike Hankin and Craig Watson 16; Simon Hookway 10; Martin Edjvet 9; Steve Walsh, Matt Hemsley and Darren Hodgkinson 4; Matt Fostun and Cameron Davis 3; Lesley Cliff and Neil Copeland 2; Liz Green-Davis and Joe Gosling 1.

Gisli is also leading the Club Best All Rounder based on the fastest average of the average speeds for the Circuit TT and Club 25s and 10s. Matt is very close behind.

Club BAR	Circuit TT	25	10	Speed
Gisli Jenkins	24.267	24.903	26.412	25.194
Matt Shaw	24.607	23.734	26.866	25.069
Giles White	22.592	24.032	25.623	24.082
Craig Watson	22.250	23.438	24.423	23.370
Lesley Cliff	17.086	17.943	19.017	18.015

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](http://www.bikely.com/maps/bike-path/A25-2-Granby-25-mile-time-trial-course)
<http://www.bikely.com/maps/bike-path/A25-2-Granby-25-mile-time-trial-course>

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. The Ten on 23 June is the Club Championship for the John Watson Trophy.

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.

OPEN 25 SATURDAY 13 JUNE 2009

Mike Hankin is organising Open 25 on the Cromwell course [A25/2](#) start time is 5pm. Entries (£7.50) close on 2 June so you should have entered by now. Mike Hankin, 22 Coningsby Road, Woodthorpe, Nottingham NG5 4LH (tel 0115 9265052) is the organiser.

The **provisional** list of helpers is as below. Mike will confirm details with individual helpers

HQ, Cromwell	Signing on/issue numbers	1	Peter Clarke
	Refreshments	3	Guy Bramley Matt Hemsley Deryck Leivers Matt Shaw (after riding)
	Result Board	1	Dave Bostock
Start	Pushing Off	2	Neil Copland (from start) Andy Greenstreet (from 6pm)
Join A1 Carlton on T	Marshal	1	Roy Elliott
Leave A1 L. Benn	Marshal	1	Norman Parker
R @ Valley Lane, L. Benn	Marshal	1	Tony Beresford
Left onto A1 slip	Marshal	1	Ian Church
Leave A1 Cromwell	Marshal	1	Rob Andrews
Finish	Timekeeper's Assistant	1	Ian Hales
Mobile	Road Signs	2	Barry Westby (before & after) Deryck Leivers (before event) Andy Greenstreet (after event)

All members are expected to take a turn at helping out with events and running the Club. I have a number of volunteers for the Open 10 on 25 July that Martin Edjvet is running. We also have a cyclo cross next February and time trials anticipated next year. The workload is manageable if shared amongst the membership.

EVENING TENS LEAGUE

Matt Shaw now has a 2-point lead on Gisli in the fastest section both having ridden seven events. Remember that the ten best scoring rides count.

Mike Hankin has moved into a 4-point lead in the handicap section – but a lot can change yet.

Joe keeps improving in the Junior League on his new aero fixed wheel bike.

The event on 23 June counts as the Club Championship – let's hope we get some good weather.

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

	5 May	12 May	19 May	26 May	S	H
Trevor Adams					2	1
Verity Butler	28:29	28:15	27:03	27:19	5	18
Lesley Cliff	33:59	33:35			4	7
Neil Copland	25:47		25:57		9	5
Cameron Davis	30:29	30:51	29:29	28:52	8	16
Chris Draper					2	1
Martin Edjvet		26:34			4	12
Pete Fostun			26:05		7	9
Chris Frost	29:13	28:38			2	6
Liz Green-Davis					1	0
Andy Greenstreet				27:06	5	4
Ian Hales		27:06	27:24	26:19	5	14
Mike Hankin	24:53	25:01	24:20	24:06	22	22
Matt Hemsley	28:23	27:41		27:28	7	8
Gisli Jenkins		23:37	23:12	23:02	38	6
Mike Mitchell		32:04			1	0
Chris Pearson					1	0
Matt Shaw	23:16	23:30	22:58		40	13
Andrew Thompson	26:22				2	1
Pete Walton	26:11				1	0
Craig Watson	25:37	25:54	24:49	24:51	18	14
Giles White	25:27	24:44	24:01	24:02	29	11
Dave Woodward	26:12		26:25	25:10	6	15
JUNIORS						
Joe Gosling	25:03	24:55			24	18
2nd CLAIM						
Steve Adams	22:55					