

Acorn Newsletter

March 2009



Sherwood Cycling Club

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Two new members to welcome this month are Sue Adams (Trev's wife) and Richard Newton (re-joining).

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 30 March and 27 April. Click this link <http://tinyurl.com/ykzvku> for a map.

CLUB RUNS

Sunday runs meet Shearing Hill/Burton Rd junction at **9.30 a.m.** leaving 9.40 a.m.

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

Don't forget next Sunday (2 March) the run will be going to the Kingfisher Cafe at the Portland Fishing Lakes near Sibthorpe. If you are not on the run you are welcome to make your own way there to meet the run. There is also a short "Go-Ride" run to the venue starting from Car Colston (opposite the Royal Oak pub on the Green) at 10.00 a.m.

CLUB MEMBERSHIP 2009

Club subs were due for renewal from January. Members have responded better this year but some have still not re-joined. Renewal forms have been sent out to members but can also be downloaded at http://www.sherwoodcc.org.uk/member_form.php. If you delay re-joining until after 31 March you have to pay a £5 joining fee. Rob Godfrey's contact details are at the top of this page.

If you haven't re-joined yet please do it now!!

WANTED

Jim Hollands (01949 838169) is after a rear wheel to fit a 50-year old bike. The hub **must** be 120mm OLN for a 5/6 speed screw on block either QR or solid axle. 700C rim preferably 20mm wide.

CLUB DINNER AND PRIZE PRESENTATION SATURDAY 7 FEBRUARY 2009

Many thanks to Paul Wilson for organising the Club Dinner this year and putting on an entertaining raffle and quiz for after the proceedings. The meal, service and room were all excellent and those attending enjoyed it. However, it was a pity only about 40 members and guests attended.

It is difficult to know what format/venue is best for presenting the awards. Should we go for a different evening, a lunchtime, afternoon, a dinner, a buffet, a club night, disco, some themed evening, a central location, room in a pub, somewhere to cycle out, somewhere cheaper, a more formal do? Whatever we do will it attract more of our over 100 members?

The awards were presented by Frank Beale and Trev Adams. Trev stepped in at the last minute after Craig was unable to attend after he and family were temporarily indisposed.

Thanks to Wayne Bradley for sorting out all the awards and engraving of trophies. If you won something and did not collect it at the Presentation please contact Wayne (0115 9754840 or wayne@sherwoodcc.org.uk) to collect it (before he bins it!!).

The Prize Winners for 2008 were :

Gisli Jenkins : Acorn Points Trophy, Albert Sharpe Shield (Club 25 Champion) and winner of the 1st and 3rd Circuit TTs the 2nd and 3rd 25 and the Oxtan Bank Circuit TT.

Dave Woodward: Club 100-mile Champion, Veterans' BAR Fastest on Standard (Gino Brown Trophy), Club BAR (Bavin Trophy) and the Corona Shield for the Grand Prix de Gents.

Simon Hookway: Club Cyclo-cross Champion (2007/8 winter).

Matt Fostun: Jack Henstock Trophy for Road Race Champion.

Pete Fostun: Millennium Trophy for Evening Tens League on Handicap.

Paul Fostun: New World Trophy for Most Promising Junior.

Chris Dale: Junior Tens League Winner on fastest and handicap.

Chris Draper: Halford Trophy for 25-mile winner on handicap.

Nigel White: Bert Morris Trophy for short distance BAR, John Watson Memorial Trophy for 10-mile Champion, Evening Tens League winner and winner of 4th Circuit TT.

Craig Watson Jack Ferguson Trophy for handicap winner in Nottingham-Skegness.

Martin Edjvet, D. H. Brooks Trophy for fastest in Nottingham-Skegness.

Joe Gosling: Corona Shield for winner Brand Prix de Gents.

Mike Hankin: handicap winner 1st Circuit TT, fastest 1st 25, fastest Oxtan Bank Circuit.

Matt Shaw: fastest 2nd Circuit TT, handicap winner 4th Circuit TT

Matt Hemsley: handicap winner 1st and 3rd 25s.

Giles White: handicap winner 3rd Circuit TT.

The Orford Spencer Trophy for Clubman of the Year went to Pat Gutteridge.

RELIABILITY TRIAL SUNDAY 22 FEBRUARY 2009

Darren's 67-mile route was deemed a good choice and it certainly sorted out some of the riders! It was a mild dry day but the north-westerly wind was challenging in places. About 45 riders (half were Sherwood members) started in two separate groups and there were various tales of woe with some riders unable to keep up, others getting lost, resorting to short cuts or suffering punctures or mechanical problems! A real test of "reliability"!

I got the following rounded times after eliminating those honest enough to admit taking short cuts (like Craig!). A few of those with times may not have done the whole route, but then it wasn't a race and everyone rode just for the "fun" of it. Organiser, Darren, was most disappointed at having to abandon after losing his gear mech. and having to be rescued.

Simon Day 3:10, Rob Stevens 3:11, Matt Fostun 3:11, Jack Salt 3:11, Tim Booth 3:11, Andy Parr 3:12, Andy Cook 3:12, Scott Gamble 3:18, Gisli Jenkins 3:21, Mike Hankin 3:25, Pete Walton 3:27, Pete Fostun 3:27, Phil Hamil 3:27, Dave Taylor 3:29, Mark Burgoyne 3:29, Shaun Eden 3:29, Steve Taylor 3:29, Nick Wight 3:30, Matt Litchfield 3:33, Joe West 3:33, Johann Polak 3:33, Lee Spurway 3:33, Rob Godfrey 3:44, Joe Gosling 3:44, Maria Haynes 3:45, Mark Hatton 3:45, Chris Pearson 3:45, Simon Hall 4:04.

Anyone outside 4:15 (first group) or 4:00 (second group) didn't get a time as I went home at 1.45 p.m.

CLUB TIME TRIALS

The programme of Club time trials starts again this month with the series of four 20-mile Circuit Time Trials on Sundays 22 and 29 March and 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.

As an option you can ride a private trial of just one 10-mile circuit (beginners, the less fit or less ambitious!) but you must make this clear to the timekeeper at the start. View the course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-20-mile-Circuit-Time-Trial>

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. Kit left at the start will be taken to finish. Entry forms are not needed for the Tens but you must sign on.

View course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-10-mile-course>

Remember to bring a completed CTT Entry Form to each event apart from tens, so that you can get a handicap allowance. 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.

FINDING YOUR WAY

We all know of riders who could get lost riding up the A1 while others seem to be able to navigate through lanes all day with little difficulty. Of course, it does help if you have been riding in the area for many years and “know the roads”. However, there are many riders who still get lost on local roads after decades of riding. As a desperate measure you could buy one of these GPS/satnav type gadgets but you have to blindly follow orders.

We’ve all had to stop and ask for directions in unfamiliar areas and receive guidance like “Straight on until the next T-junction, turn left then take the third road on the right, after a mile you come to a roundabout...” - by this stage, eyes start to glaze over and you pretend to understand and follow the first direction with the hope of seeing someone else to ask further along the road. So, trying to remember a route from a sequence of turns is pretty much useless!

Getting to know local roads is obviously a good means of finding your way around, but it does take a bit of effort. If you go out on a ride, and rely on someone else to do the route finding, you can easily return home and not have any idea where you have been. What you need to do is look around and store up mental images of the route rather than staring at someone’s back wheel all the time. When you get home follow over the route on a map – this will help to store it in your memory.

Mental pictures store far more information than trying to remember a sequence of turns or a list of village names. This technique is also the answer for routes in new areas. If you memorise a basic map of the route it will save you having to stop and consult a real map at every junction. Just picture the map in your mind and, with a bit of practice, you can remember large chunks of a route and stay on course. Although, in some foreign areas the available maps may be so inaccurate that you have to do a few map consultations along the way. Sometimes on holiday in places like Greece I have used three makes of a map and each shows a different layout of roads and numerous spellings of place names – sometimes none the maps show the true position of the roads!

Internet mapping has helped as you can go over the route using both mapping and a satellite view and this helps to store it in your memory.

When it comes to racing, mental imaging can help with performance. Before a race go over the route in your mind imagining yourself overcoming obstacles (like hills) or dropping other riders. Knowing where the difficult parts are coming, the section you have picked out for an attack, just how far it is to the finish, where you will get a tailwind, what the finish is like – all this can be gleaned in advance even if you have never been over the course.

Practice this mental imaging and improve your training (not getting lost, so cut down on interruptions) and improve your racing by enhancing your tactics making your riding more efficient.

CLUB FORUM

Just a reminder that members with access to the Internet can join the Virtual Clubhouse forum <http://www.sherwoodcc.org.uk/forum/>

Full access is for members only and you need to register on-line for full access.

You can then keep up with the latest news, find someone to train with, find who is racing where or ask for advice about training, equipment or whatever or just start a discussion.