

Acorn Newsletter

November 2009



Sherwood Cycling Club

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CLUB MEETINGS 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 meeting is 23 November with the Annual General Meeting following on 7 December. Click [here](#) for a map.

The AGM is your chance to put forward any proposals or to volunteer for any of the Committee Posts. All members are invited to attend so that the way the Club is run can reflect what the majority of members want. Any proposals should be put in writing and sent to the Secretary (Trev Adams) two weeks before the meeting. Our monthly Committee Meetings are also open to all members and you can always come along to join in discussions or express your views.

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).

MUDGUARDS!

With winter coming it is time to get your mudguards on! Mudguards keep you drier, warmer and cleaner. Fit a flap on your back mudguard to keep the spray out of your club mate's face. A little improvisation with a strip of plastic (cut out from a bottle), a pop-riveter and it's easily done. While you are at it put one on your front mudguard as well – keep your feet drier.

Guards help protect your bike as well – stop spray on your saddle, keep brakes cleaner, keep water out of your frame, cleaner bottle. Drier shorts and saddle – less soreness!

No room for guards? Crud Roadracer or Race Blade guards fit on close clearance frames. Crud give the best protection but, full guards with flaps/extensions are best.

HEXGREAVE PARK (for the benefit of Woody!)

If you have frequented Club Runs there is a good chance that you have ridden through Hexgreave Park (at one time known as Hexgrave) where a bridle road links the A617 near Bilsthorpe to Farnsfield. The actual public right of way starts adjacent to the Lodge House on the A617 and we used to enter through a gate there but we now use a new stretch of access road nearby. It is a pleasant escape from the busy road and is now reasonably surfaced.

The Park is now a Business Park and is home to several high-tech businesses (including home/work properties) set in parkland creating a pleasant environment. A long established local farming family, the Strawsons, have developed the Park and the 18th century Hexgreave Hall whilst preserving much of the natural life. Recent owners have included Sir Stuart Goodwin in the Sheffield steel business and Sir John Eastwood of poultry fame.

You can often see a herd of red deer reflecting its earlier role as a deer park under the ownership of the Archbishop of York. The name dates back over 700 years with the earliest record being to “boscus de Hekkesgrave” in 1240. Going back even earlier parts of the Park contained a Roman Settlement at Camp Hill to the east of the present Hall. Discovery of an engraving on lead (called “British silver” by the Romans) mined at Crich referring to “Gaius Julius Protus” as well as other artefacts confirm the Roman links.

Next time you are riding through the Park reflect on its long history and see what wildlife you can spot as you hang on to the back of the bunch!

CLUB HILL CLIMB TERRACE HILL 10.30 A.M. SUNDAY 4 OCTOBER

Well over 30 riders turned out at Terrace Hill and 20 were persuaded to ride this informal event. The Viking Challenge MTB event was crossing the top of the hill so Trev (timing the finish) adjusted the finishing point to avoid a clash. Pat and Pat sent the riders off while I spent my time getting up the hill.

Riders rode with differing degrees of seriousness and determination although hill climbs can never be easy! The climb was slightly shorter than usual to avoid clashing with the Viking Challenge where MTB riders were joining the road. Competitors rode with varying degrees of seriousness and determination. Ian was the clear winner in just 2 minutes. Good to see so many young riders having a go.

After the event we set off along the Belvoir Ridge to the Lake View Fishing Café in two groups. This helped to minimise the queue so we were all soon served.

Suitably refreshed we had a short ride to the top of Harby Hill for the Freewheeling Competition. The wind didn't help and everyone finished on the first rise after the humped back bridge. Trev was the hot favourite and lived up to expectations beating Simon with Guy third.

Then it was a ride back home for most. For some of the youngsters it was back to cars at Lowdham giving them their longest ever ride of over 40 miles. A good, sociable morning out on the bike – much better than last year's wash-out.

Name	Time
Ian Hoggarth	2:00
Callum Bramley	2:10
Chris Edwardson	2:10
Michael Billig	2:21
Paul Fostun	2:21
Joe Gosling	2:30
Guy Bramley	2:32
Pete Fostun	2:34
Mike Hankin	2:39
Matt Shaw	2:42
Giles White	2:46
Bill Neill	2:54
Tom Weeds	2:59
Graham Whiting	3:06
Scott & Simon Hookway	3:30
Tom Whiting	3:33
Patrick Hughes	3:53
Mike & Josh Mitchell (tandem)	4:15

CYCLO CROSS

Notts & Derby Cyclo-cross League

Round 5 Alfreton

In the under 12's Scott Hookway continued his good form with a fine 3rd place.

In the Youth Race we had 5 riders with Callum taking 12th place closely followed by Tom Weeds riding a borrowed bike 15th, Ben Nichols taking 29th just ahead of Patrick Hughes in 30th and Jake Wells in 32nd place.

In the Seniors we had 4 riders, and after a big hold up on the first single track section, riders falling off in all directions on slippery tree roots, Dave Staiano who managed to get himself in Box 2 to start, crashed into a tree stump and gashed his leg.

Simon rode around nursing an abscess on his tooth. With the hold up the leaders were catching the back markers after 3 laps.

Results;

Craig 92nd, Dave 96th, Simon 99th all @ 2 laps and Roger Hughes 118th @ 3 laps.

Round 6 Bramcote

Not far to travel for the latest round of the Cyclo-cross, with a demanding, parkland course at Bramcote Hills Park.

In the U10's, we had prospective new member Alex Holliday, riding his first ever race and coming in 21st place. He seems very keen and will hopefully be joining the club in the next few days.

In the U12's, Scott had a race long battle with Elliott Dudley, fighting over second place. Scott was quicker on the uphill drag past the finish, but Elliott faster on the flatter parts. They were constantly changing places, with each opening up a small gap and the other closing it. Elliott collided with Scott's back wheel and Scott managed to get a decisive gap, which he held to the finish to take second place.

In the youth race Callum had his best race of the season taking 4th place. Tom Weeds recovered from a slow start to work his way up to 8th. Jake Wells and Katie Weeds had their usual tussle, with Katie gaining the upper hand, until she had to stop, with what looked like an asthma attack, at half distance. Jake finished 24th and Katie continued after recovering, to finish 26th. Tom Whiting had a mechanical problem with his gears and was a DNF.

In the Seniors, we had the Staiano brothers, David and Adrian, Craig Watson and, making his cross debut, Guy Bramley. Guy had a good start and was the leading Sherwood half way round the first lap, but he gradually dropped back to finish 107th. The other 3 were all riding together on the first lap, but David asserted his authority to be the leading Sherwood home in 76th place. Craig came in 86th and Adrian 94th.

At the finish, they all had a tale to tell. David rode half the race with no front brake after crashing in the woods. Adrian was struggling after being off his bike for 4 weeks with ligament trouble and Craig almost had a painful "off" after missing his pedal on a remount and doing a flying Superman impression on a fast downhill, dragging his feet behind him.

Our riders have been well represented in the League so far. Here are details of the next batch of events.

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

Date	Club	Organiser	Telephone	Venue
7 Nov	VC Nottingham	Dave Gretton	0115 9878700	Bingham Leisure NG13 8BL
21 Nov	Beauvale CC	Gareth Withall	07973 791041	Bulwell Park NG6 8WR
28 Nov	Derby Mercury	Andy Eagers	01332 773718	Sinfin Moor DE24 9LB
19 Dec	Team cyclo-cross	Michelle Gascoigne	01332 360034	Alvaston Park DE24 8QQ
2 Jan	Matlock CC	Harry Gould	01629 822259	Thornbridge DE45 1NY

GO-RIDE

The sessions on Monday evenings at Holme Pierrepont have finished for the winter and resume next February.

Through the winter the focus will be on cyclo-cross while on the road there are the weekly Easy Saturday Club Runs (especially when there is no cyclo-cross) and some Sunday runs starting from Car Colston at 10.00 a.m. on 8 and 29 November and 20 December.

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.

TROPHY BASES

To ensure that the Trophies are ready to be presented at the Club Dinner Wayne needs to have all the bases returned by the **end of November** so that he can get them engraved.

If you have any bases please return them now to Wayne Bradley, 3 Glensford Gardens, Rise Park NG5 5BG Tel. 0115 9754840. If you think you qualify for a BAR award or a Club Record you must let Wayne have details without delay.

WANTED

Harvey Maddock (0115 9208026 or 07970771138) is after any old bike bits from 1946 to 1960 for refurbishing and rebuilding. Frames, bars, wheels, hubs, Simplex down tub gear shifters, Brooks saddles (B17, Sprinter), track frames, Hobbs, Carlton, Claud Butler whatever.

Don't let them go to the tip, let them be used to rebuild those old favourites.

Harvey has already completed a 1948 Claud Butler lugless in red and green.