

Acorn Newsletter October 2009



Sherwood Cycling Club

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This is the time of year when traditionally those who have had a full racing season take things a bit easier and enjoy the “Social Season” or try something different. You can ride the autumn hill climbs (try our club one – see page 2) for short intense efforts or ride cyclo-cross for some tough but quite short sessions that increase your bike handling skills.

You can just ride your bike for the pleasure of the countryside and maybe top-up your overall fitness with something else like weight training, running or swimming. Whatever you do, don't lose all your hard won fitness, just find something you enjoy doing to give yourself a mental break before you start training again for next season.

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 meetings are 26 October and 23 November. The November meeting is a week earlier to give more time before the Annual General Meeting 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 **9.00 a.m.** leaving 9.10 a.m. and then change on 11 October to **9.30 a.m.** leaving 9.40 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).

A group is also going out for a harder ride on Sundays meeting 9.00 a.m. at Cinderhill Island or Wilford Toll Bridge on alternate weeks. Check the Forum for confirmation of meeting place.

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

This is an informal event (no prizes, just for fun) and the Club Run will ride there from their meet at Shearing Hill 9.00 a.m. Simon is also planning a shorter ride suitable for the Go-Ride youngsters (or anyone wanting an easier ride) meeting at Car Colston 9.15 a.m.

The climb is about 0.4 miles and takes a couple of minutes. If you are on-line, you can see the route [here](#). Starting a hill climb differs from other time trials in that whilst you are held at the start you don't get a push - it is a standing start.

After the event, once you have stopped coughing, we ride along the Belvoir Ridge (retaining most of our altitude!) for 7 miles to Lake View Fishing Lakes for refreshments.

Then it is 3 miles back to Harby Hill for the Freewheeling Competition. This is where we rely on the honesty of competitors not to pedal! Riders start at intervals to freewheel down the hill to see how far they can get before coming to a halt. Just stand where you finish so that the placings can be established. You have to be careful on the two sharp bends (they can be gravelly) then there is a humped back bridge to get over followed by another slight incline. With a favourable wind, you may get over this and keep going into Harby. If you can get past the parked cars and over the canal bridge, you may get close to Langar. Nobody has ever managed to get through Langar!

LIGHTHOUSE 25 SUNDAY 13 SEPTEMBER

The ANDCC Lighthouse 25 was ably organised by North Notts Olympic who won the team last year. With four ANDCC Clubs competing for the Team Trophy (five in a team) interest was high and a keen competition in prospect.

The Granby course is not noted for its speed as it mainly uses quieter country roads and the stiff northeasterly wind made it more difficult. We had ten riders entered to try and regain the Trophy but missed out by 3:27 to N. Notts Olympic but were nearly 2 minutes faster than last year.

Notably, Nottingham Clarion were just ten seconds behind our riders with 4 riders under the hour closing the gap considerably from 2008.

Nigel was our fastest despite only having ridden 3 tens earlier in the year. Matt and Gisli were suffering with "end of season blues" and from riding the previous day, but still did creditable rides. Ian pulled out a good ride to make 2nd in the team in his first

Sherwood rider	Time	Team	Time	2008
Nigel White	58:48	North Notts Olympic	4:56:09	4:56:40
Ian Hoggarth	59:47	Sherwood CC	4:59:46	5:01:29
Matt Shaw	59:56	Nottingham Clarion	4:59:56	5:13:09
Andy Thompson	1:00:07	Ashfield RC	5:06:39	5:14:39
Gisli Jenkins	1:01:08	Mapperley CC	None	5:09:10
Giles White	1:02:05			
Simon Hookway	1:03:54			
Craig Watson	1:06:17			
Mike Hankin	1:06:19			
Martin Edjvet	1:06:59			

season (helped by a new skinsuit and borrowing Craig's disc wheel). Andy just missed beating the hour after limited racing this year.

The fastest rider in the event was Matt Bottrill with 52:23 but the Mick Oldnall Trophy for best ANDCC riders went to Daniel Barnett, N.Notts Olympic with 57:47.

It is good to have a hard fought competition like this. Can we improve for next year?

OTHER RACING NEWS

Ed Parker had another win at Darley Moor with Mark Wakeling 8th in the Senior event. The Youth event had Callum in 7th and Tom Weeds 11th. Scott was 3rd in the Warwick Town Centre Races having been “worked over” by his two breakaway companions.

In time trialling Matt Shaw did a pb 21:11 in the Team Swift 10, 59:46 in the Stretford Whls 25 and 22:06 in the CDLCA 10 where Gisli did 22:12. Gisli was our sole representative in the British Time Trial Champs Masters event with 50:56 for 82nd spot.

Giles White and Dave Woodward 1:4:48 in the Coalville Wheelers 2-up.

Notts & Derby Cyclo-cross League

Round 1 Allestree Park

Scott Hookway has now stepped up to the Under 12s races (getting older!) and still managed 3rd. In the Youth Race Tom Weeds and Ben Nicols (stepping up from the Under 12s) finished well up the field and, after a few falls, Katie Weeds and Patrick Hughes finished together.

In the Senior Event Steve Adams, now resplendent in his new Langdale Lightweight kit (his new team for the cross season) finished about 7th. Simon Hookway and David Staiano (Adrian’s brother) finished further down the field.

Round 2 Thornbridge

There were around 200 riders for this round and in the Seniors Adrian was 110th, Simon 111th and David 119th. Scott was 3rd again in the Under 12s while we had 6 riders in the Under 16s where Callum Bramley was 15th, Tom Weeds 19th, Katie 41st, Tom Whiting 43rd and Jake Wells 47th.

Round 3 Shipley Park

In Scott’s race the start was moved and he lost his front row start position and had to work his way through slower riders but managed to get up to 5th by the finish.

In the Youth Race Callum finished 8th despite losing a few places with a chain off. Tom Weeds still managed 16th finishing on a borrowed bike after a chain off and puncture. Ben improved to 21st. Katie and Jake had a personal battle finishing 24th and 25th respectively.

In the Seniors Craig, riding his first CX of the year, was 75th ahead of David (MTB) in 78th and Simon 82nd.

The Hookways rode a very warm and fast round of the Lincolnshire League at Cranwell where Scott came 2nd in the Under 12s. Simon started to find some form and confidence (still thinking about that collar bone?) in a Senior event won by Graham Briggs fresh from the Tour of Britain.

GO-RIDE

The sessions on Monday evenings have been moved to Holme Pierrepont but will cease over the winter to resume next February.

Other activities will continue through the winter focussed on Cyclo-cross (mainly the Notts & Derby League - see below) and some additional road rides. In addition to the weekly Easy Saturday Club Runs (especially when there is no cyclo-cross) there will be some Sunday runs starting from Car Colston at 10.00 a.m. on 18 October, 8 and 29 November and 20 December.

NOTTS & DERBY CYCLO-CROSS LEAGUE

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

Age Cat.	Time	Duration	Cost
U10	12.00	7 min.	£1
U12	12.30	15 min.	£1
Youth/Go Race	13.00	25 min.	£4
Junior	14.15	50 min.	£5
Sen. Vet. M/W	14.15	50 min.	£10

Full calendar is [here](#) .

Over 16s need a BC licence – Provisional (free with BC membership) will do for League events or £3 for a Day Licence.

Date	Club	Organiser	Telephone	Venue
3 Oct	Bolsover & D CC	Matthew Connley	07767 444598	Holmebrook V.P. S40 4UG
17 Oct	Belper BC	Jonathan Marshall	01773 829590	Alfreton DE75 7BD
24 Oct	Beeston RC	Bryan Fenwick	01664 812527	Bramcote Park NG9 3GF
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

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.

TECHNICAL INNOVATIONS

During the last 40 years there have been many developments in bike technology and some like aero equipment for time trials and the use of carbon fibre have resulted in significant performance gains. However, three innovations stand out as best in my opinion.

Number one is the indexed combined gear and brake lever. It is so easy to now change gear with a click. No need to move your hands or look down at your rear mech. So much safer and efficient. Drawbacks are incompatibility with different makes, weight and cost, but an overall winner.

Second favourite is clip-less pedals. Feet securely held and no need to reach down and undo a strap to release. Safer, more aero and can be lighter. Again compatibility is an issue – especially for race service.

At number three is the front-loading handlebar stem. Just a few minutes to change a stem instead of having to remove tape and brake lever before threading your handlebars through – and often ending up with scratched bars. No rusting quill mechanism stuck in your steerer column either!

What is your top three choice?