

# Acorn Newsletter April 2010



## Sherwood Cycling Club

President: Mr Frank Beale

Web site: [www.sherwoodcc.org.uk](http://www.sherwoodcc.org.uk)

Forum: <http://forum.sherwoodcc.org.uk>

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We have three new members this month are Charlie Edwards (U16), Amanda English, Paul Ward and Andrew Jackson (re-joining as 2<sup>nd</sup> Claim).

### **CLUB DINNER**

The next Dinner will be on Saturday 5 February (at the Ramsdale Golf Club again). Put the date in your calendar – you have plenty of notice to keep it free.

### **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. Click this [link](#) for a map. The next two meetings are 26 April and 24 May.

### **CLUB MEMBERSHIP RENEWALS**

If you haven't renewed your membership by now you will have to pay the £5 joining fee in addition to your £15 membership. You will also find your access to the Forum is now suspended.

### **BRITISH HEART FOUNDATION VALE OF BELVOIR RIDE SATURDAY 8 MAY 2010**

The organisers are looking for volunteers to help with:

Registration – Refreshments - Marshalling - Compere – Cheerleading – Flyering – Photographer

The event starts from Belvoir Castle NG32 1PE 7:00am – 5:00pm approx

Volunteers needed between 6:00am – 6:00pm (dependent on roles) Contact Lizzie Baxter [baxtere@bhf.org.uk](mailto:baxtere@bhf.org.uk) if you can help.

Of course, you may wish to ride the 25/40/60-mile route. Entries are £10 (£5 U16).

For more information and to enter on-line click [here](#). Or you can telephone 0800 0852280.

### **RACING NEWS**

In the first Darley Moor events on 6 March Katie Weeds was 2<sup>nd</sup> in the U16 girls, Scott Hookway 3<sup>rd</sup> in the U12 and Callum Bramley 3<sup>rd</sup> in the U16, which he repeated the following week in the 2<sup>nd</sup> meeting.

Steve Walsh did 1:13:34 in the Matlock Hilly and 24:21 in the Retford Whls 10.

If anyone has any results please let me know so I can report it.

## **RELIABILITY RIDES AND CLUB RUNS**

On 7 March about 20 riders tackled the tougher 63-mile route taking in Belvoir and Market Overton. It was a frosty start but sunny with a light easterly wind – so considered a nice day. Once again there were a number of punctures causing delays.

It wasn't a race and some lost more time than others in waiting for riders with punctures but these were the approximate times:

Gisli Jenkins, Ian Hoggarth and Bill Allcock 3:35; Simon Hookway 3:37; Will Turner, Chris Pearson, Nick Wight and Pete Fostun 3:40; Tom Herridge, Richard Hardy, Andy Jackson, Paul Smith and Callum Bramley 3:50; Paul Fostun 3:55; Cameron and Liz Davis 5:35.

Overall the “Reliability” rides were successful allowing riders to get in some useful miles around a set route. Keeping them informal, on quiet roads and mainly within the Club meant we didn't have problems with big groups and traffic. Mr Garmin also helped keep riders on course!

On Sunday 14 March we had a “Get Together” Club Run to Lake View Fishing arranged through the Forum. This was over a planned route with most keeping in a group until Woolsthorpe where the fitter riders carried on for a longer hillier ride and the rest took a shorter route by the Belvoir Ridge. Four of us took a much more direct route via Harby – although Scott was too strong for me especially on the uphill!

The arrangements worked well with the three groups arriving at the cafe within 15 minutes thereby avoiding long queues.

On Sunday 18 April we will be having another monthly meet up at the Lakeview Fishing cafe. The idea is that we start as a normal club run with the group splitting part way round with a shorter easier alternative route for the less fit while the stronger riders can do the full route. <http://www.bikely.com/maps/bike-path/Gedling-to-Lakeview-Fishing-3> is the full route via Scarrington, Granby, Langar, Colston Bassett, Hickling, Nether Broughton and Green Hill. The shorter route is <http://www.bikely.com/maps/bike-path/Gedling-to-Lake-View-Fishing-5> Near Langar Hall riders can turn left on the narrow road to Colston Bassett cheese factory, then Long Clawson and Waltham Lane. Others can make their own way to the cafe just to meet up in the cafe.

On the return journey the longer route (59 miles in total) follows the Belvoir Ridge to the castle and back through Redmile, Elton and Orston. The shorter (50 miles) alternative turns left in Eastwell down to Stathern and back through Granby and Whatton.

Normal **Sunday runs meet at 9.30 a.m. from Shearing Hill** picking up at Lowdham around 9.50 a.m.

From **Sunday 25 April the Sunday runs meet 30 minutes earlier**. This gives the run the opportunity to go and see the East Midlands CiCle Classic in Rutland.

On 9 May there is an opportunity for the Club Run to go and see the [Lincoln Grand Prix](#)

**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).**

## FIRST 20-MILE CIRCUIT TIME TRIAL SUNDAY 21 MARCH 2010

It was a sunny but chilly morning for the first time trial of the year. Ian was fastest making him the one to watch this season.

Matt was second over 2 minutes down.

Mike was best on handicap

Wayne did the timekeeping and handicapping.

Remember to bring your entry forms so that you get an allowance and win more Acorn Points!

	Name	Time	H/C	H/C Time	Acorn Points
1	Ian Hoggarth	50:58	-----	-----	4
2	Matt Shaw	53:08	Scr	53:08	3
3	Simon Hookway	53:45	4:00	49:45	5
4	Mike Hankin	54:05	5:00	49:05	4
5	Pete Fostun	55:54	-----	-----	1
6	Guy Bramley	56:55	-----	-----	1
7	Martin Edjvet	59:00	6:00	53:00	2
8	Verity Butler	1:01:13	-----	-----	1
	Chris Dale	52:39	PT		
	Steve Butler	53:40	PT		
	Paul Ward	57:50	PT		
	Howard Partridge	1:05:36	PT		
	Tessa Langley	1:09:13	PT		
	Tim Bladon	31:01	PT	1 Lap	

## SECOND 20-MILE CIRCUIT TIME TRIAL SUNDAY 28 MARCH 2010

With the clocks going forward and a colder windier morning Ian still won, despite riding with mudguards, but a little slower than last week. Matt was second again.

Mike was best on handicap while Martin had the misfortune to puncture just after starting.

Timekeeper was Wayne who managed a close handicap result.

	Name	Time	H/C	H/C Time	Acorn Points
1	Ian Hoggarth	51:44	Scr	51:44	6
2	Matt Shaw	52:49	1:00	51:49	3
3	Mike Hankin	55:15	4:00	51:15	6
4	Steve Walsh	57:36	6:00	51:36	3
	Martin Edjvet	DNF	6:00	punct	
	Andy Proffitt	52:35	PT		
	Paul Smith	1:03:14	PT		
	Tessa Langley	1:07:53	PT		
	Tim Bladon	29:55	PT	1 Lap	

## ACORN POINTS

After the first two events the standings in the Acorn Points Trophy are:

Ian Hoggarth and Mike Hankin 10; Matt Shaw 6; Simon Hookway 5; Steve Walsh 3; Martin Edjvet 2; Pete Fostun, Verity Butler and Guy Bramley 1.

Points are awarded in Club Time Trials (not tens) with 4 for 1<sup>st</sup>, 3 for 2<sup>nd</sup> and 2 for 3<sup>rd</sup> on fastest time and on handicap time. All other finishers get one point. So if you win the event and have the fastest on handicap time you get 8 points.

## CLUB AWARDS

Recently many riders have not bothered to pick up any awards won thereby wasting the time and effort of the Racing Secretary and spending money for no purpose. In the past when you won a Club Trophy you automatically received a replica plaque to keep and medals were won where there was no trophy.

To resolve this, plaques will still be available to trophy winners but **only** if you request one. Instead of medals you will receive a certificate for presentation at the Dinner.

## **CLUB TIME TRIALS**

The next events are the 3rd and 4th 20-mile Circuits at 9.00 a.m. on Sundays 11 and 25 April.

Start 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. You can opt to ride one lap as a private trial but let the timekeeper know.

View on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-20-mile-Circuit-Time-Trial>

The Oxton Bank Hilly 26-mile time trial is on Sunday 9 May starting 9 a.m. on Oxton Lane (B6386) near the Ollerton Road (A614). The route is B6386 to Oxton Island, straight on past Oxton Village, turn left on Southwell road (still B6386) up Oxton Bank down into Southwell. At mini-island turn right (A612) to Upton. On right bend turn left on minor road to A617 junction. Turn left through Hockerton and Kirklington to Lockwell Hill Island. Left on A614 across White Post Island to Northgate, bear right on A614 across Longdale Island, left on B6386 to finish at start point. [Click here.](#)

Tuesday Evening Tens start at lay-by on A6097 about 0.6 miles north of Oxton Island 6 April until 24 August. April events and the last three 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.

## **GO-RIDE**

Wednesday sessions will now be held at the National Water Sports Centre, Holme Pierrepont in conjunction with Nottingham Clarion. Meet is 7.00 p.m. near the cafe at the Country Park

To aid the transition of young Go-Ride participants into racing we will be running some introductory races during the year. These will possibly be at Holme Pierrepont during the summer on Friday evenings. Some helpers will be needed – more details later.

### **Contacts: (click on name to e-mail)**

Secretary, [Trevor Adams](#), 16 Glendale Close, Carlton, Nottingham NG4 4FD Tel 0115 9614415

Treasurer, [Martin Edjvet](#), 5 Fourth Avenue, Sherwood Rise, Nottingham NG7 6JB Tel. 0115 9620572

Membership Secretary, [Robert Godfrey](#), 6 Regents Place, Wilford, Nottingham NG11 7AY Tel. 0115 9815226