

# Acorn Newsletter

February 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>

---

There are four important things happening during the next month:

- 1. Sunday 31 January** Club Get Together at Lakeview Fishing Café – meet at café or Club Run, details on **page 2**.
- 2. Saturday 13 February** Cyclo-Cross at Sherwood Pines racing from midday– help required contact Simon Hookway on [simonhookway@btinternet.com](mailto:simonhookway@btinternet.com) or 07920 764566.
- 3. Sundays 14, 21 & 28 February** Reliability Rides from Lowdham 10 a.m. (55-65 miles) – **details page 2**.
- 4. Saturday 20 February ANNUAL DINNER AND PRIZE PRESENTATION** – book **now** with Paul Wilson see page 1.

### CLUB MEMBERSHIP RENEWALS

Forms can also be accessed on-line by clicking [here](#). Existing members should use the Renewal Form and the link also allows a New Member Application Form to be downloaded. New Senior Members and those renewing late pay a £5 Joining Fee in addition to the Annual Subscription.

### 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.

If you haven't booked yet, send your cheques (payable to Sherwood Cycling Club) to Paul Wilson, 19 Lascelles Avenue, Gedling, Nottingham NG4 4GB Tel 0115 9614098. Time is getting short so, do it **now!** Please indicate if you require the vegetarian option and any children's requirements.

This is the social occasion of the year for the Club and family and friends are welcome.

### CLUB MEETINGS 2010 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 <http://tinyurl.com/ykzvku> for a map. The next two meetings are 22 February and 29 March.

## **NEW FORMAT FOR CLUB RUNS AND TRAINING FOR FEBRUARY**

Start building up your fitness with the **Club Get Together on Sunday 31 January at Lakeview Fishing Café** near Scalford. **Ian Hoggarth** “volunteered” to organise a ride there starting from Shearing Hill at the usual time (meet 9.30 a.m. leave 9.40 a.m.) or joining in at Lowdham Island around 9.50-9.55 a.m.

The route is via Car Colston, Bottesford, Woolsthorpe, Harston, Eaton, Waltham, Wycombe, Scalford and Ironstone Lane. The return journey is down Pasture Lane, Hose, Colston Bassett, Langar, Tithby, Cropwell Butler and Shelford. The full route (from Lowdham) can be seen on line here: <http://www.mapmyride.com/route/gb/lowdham/310126423799047198>

You can load this onto a GPS, if you have one, or just print it off. From and back to Shearing Hill it is about 59 miles (51 from Lowdham). There are a few climbs after Woolsthorpe but no climbing of note on the return. If you think you are not quite up to the full ride, you can ride with the main group to Woolsthorpe where Trev will turn off for a shorter route to meet up in the café.

Another option is to make your own way to the café to meet up at about 11.15 a.m.

On Sunday 7 February there will be a normal club run meeting 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. If you want a harder ride on the 7th some members are doing the Long Eaton Reliability Trial. This starts from the Old Post Office, Tamworth Road at 9.30 a.m. and costs £2. There is a short 40-mile ride to Tutbury and back or the usual 65-mile ride via Ashbourne, Newhaven and Cromford.

**On each of the following three Sundays (14<sup>th</sup>, 21<sup>st</sup> and 28 January) we are having informal club reliability type rides over set courses. Depending on the number of riders we will set off in groups with the first (slower) group leaving Lowdham at 10.a.m. Subsequent groups at 10-minute intervals.**

These are intended as training/social rides to build up fitness. They are not races or rides for “showing off”. We don’t want any dangerous riding either – no riding through red lights or spreading across the road! Ride sensibly in co-operating groups, share the work, and practice group riding. No entry fee, no prizes just enjoy it!

These are the routes:

**14 February** <http://www.bikely.com/maps/bike-path/Lowdham-Tuxford-training>

Fiskerton, Caunton, Norwell, Sutton-on-Trent, Tuxford, Gamston, Walesby, Wellow, Kirklington, Halam, Oxton Bank and Gonalston. 55 miles and passes the Thaymar Ice Cream café for those needing a café.

**21 February** <http://www.bikely.com/maps/bike-path/Lowdham-Retford-training>

A similar route but includes Hoveringham on the first section. At Sutton-on-Trent turn right to Ragnall, Over A57, Stokenham to come out on the A638 south of Retford. Left down to Gamston and turn right to join last week’s route. This is 63 miles.

**28 February** <http://www.bikely.com/maps/bike-path/Lowdham-Market-Overton>

This is a similar distance (63 miles) but heading south and a bit hillier. It goes through Orston, Redmile, Belvoir, Croxton Kerrial, Buckminster, Market Overton back via Wymondham, Waltham, left at top of Harby Hill, down Long Clawson Hill, Hickling, Cropwell and Shelford. There is an option for a café stop at Wymondham and an “emergency escape route” returning through Harby if needed.

One we get into March the fitter riders will be racing (won't they?) and the usual format of Sunday runs will be resumed. We could do with some more volunteers for leading Club Runs. Pat Gutteridge does a fine job when he is out as he has the experience and knowledge of roads but he can't be out every week. It might seem a bit daunting at first but with a bit of practice you soon get used to it. I'm sure the rest of the group will be tolerant of an occasional misdirection – if anyone complains they can do the next one!

Let me know if you would like a go and on which day. I can help with suggestions on a route if you are not sure.

Any ideas for Club Rides are welcome. Do you want more pre-planned routes?

The recent bad weather has made organised rides a bit difficult and it has really been a case of getting out when you can. Sunday 24 January had much better conditions i.e. no snow or ice, so it was good to see so many out on the Sunday Club Run making up for some lost miles. The Saturday Easy Runs have had their share of snow and two runs were missed but we are back to half a dozen riders.

**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).**

### **WATT BIKE SESSIONS AT HOLME PIERREPONT**

The Nottingham Clarion has booked the Sports Hall at Holme Pierrepont each Thursday until the end of March for indoor training sessions. The sessions are 6.30 p.m. until 9.00 p.m. and cost a nominal £2 to cover costs and Sherwood members are welcome to take part –some have had a go in the sessions held so far.

They will have some British Cycling Watt Bikes rigged up for some competitive events. There are also turbos and rollers available or take your own. The Watt Bikes are complete machines but if you wants to do turbo work best take your own bike and turbo if you like. There is plenty of room.

Take a towel (you will sweat!), trainer and kit and have some fun.

Thanks to Jenny and Paul Harwood of the Clarion for the organisation of the sessions and the invite.

### **CLUB TIME TRIAL PROGRAMME FOR 2010 SEASON**

The programme of Club Time Trials is similar to last year except the Club Championship 25 is earlier to try and attract more riders. We have also added an extra 10 at the season end to give a total of 20 evening events.

To plan your personal season it will help you if you enter these events into your diary along with other Open events in which you may be interested. For Open Time Trials you need a CTT Handbook for details. Time trial entry forms can be accessed through our website or [here](#).

There are many trophies to be won within the Club – to win anything you have to ride! So plan your season and set your targets.

Date	Race	Start Time
Sunday 21st March	1 <sup>st</sup> 20-mile Circuit TT (Oxton)	9:00am
Sunday 28 <sup>th</sup> March	2 <sup>nd</sup> 20-mile Circuit TT (Oxton)	9:00am
Sunday 11 <sup>th</sup> April	3 <sup>rd</sup> 20-mile Circuit TT (Oxton)	9:00am
Sunday 25 <sup>th</sup> April	4 <sup>th</sup> 20-mile Circuit TT (Oxton)	9:00am
Sunday 9 <sup>th</sup> May	Oxton Bank – 26-mile Hilly TT (Oxton Rd/A614)	9:00am
Sunday 30 <sup>th</sup> May	1 <sup>st</sup> '25' TT – Granby Course A25/2	9:00am
Saturday 12 <sup>th</sup> June	Open '25' - A25/25 – Mike Hankin – Open Event – Page 144 in CTT Handbook	5:01pm
Sunday 20 <sup>th</sup> June	2 <sup>nd</sup> '25' TT – Granby Course A25/2	9:00am
Tuesday 22 <sup>nd</sup> June	The John Watson Trophy – Club '10' Championship Event	7:00pm
Sunday 4 <sup>th</sup> July	3 <sup>rd</sup> '25' TT – Cromwell Course A25/25 – Albert Sharp Memorial '25' TT Club Championship & Halford Trophy	9:00am
Saturday 24 <sup>th</sup> July	Open '10' – A10/14A – Martin Edjvet – Open Event – Page 163 in CTT Handbook.	5:01pm
Saturday 7 <sup>th</sup> August	Judge Trophy – 50 Club Championship – BDCA 50 – A50/6 – Page 167 in CTT Handbook	Check Handbook
Sunday 5 <sup>th</sup> September	Grand Prix De Gents – 2up Vet & Younger Rider – Circuit TT Course 20 miles.	9:00am
Sunday 12 <sup>th</sup> September	ANDCC Lighthouse Trophy – A25/2 – (Preference to ANDCC Clubs) – Open Event – NNORC -- -- Page 181 in CTT Handbook	9:01am
Sunday 3 <sup>rd</sup> October	Hill Climb Champs & Freewheel Contest	10:30am
Sunday 26 <sup>th</sup> December	Boxing Day '10'	10:30am

'100' Championship Trophy goes to the fastest rider any open 100 mile event (A, O or K Course) entered under CTT regulations, Finish sheets to Racing Secretary before October 1st 2010,

Tuesday Evening Tens – Start at lay-by on A6097 about 0.6 miles north of Oxton Island.

Every Tuesday Evening from 06/04/2009 until 24/8/2009 (20 events)

Starting Times: 6/4/09 to 27/4/09 and 10/8/09 to 24/8/09 – 6:45pm. 4/5/09 to 3/8/09 – 7:00pm

Season Tickets are £25 (Under 16 £5). Single events £2 (Under 16 50p). Entry forms are required for Sunday events for handicapping purposes. Open events and ANDCC need entering direct to the organiser with fee and form. Closing dates are the Tuesday 11/12 days before.

**Contacts:**

Editor, [Ed Ward](#), 52 Shearing Hill, Gedling, Nottingham NG4 3GX Tel. 0115 9615477

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