

Acorn Newsletter

January 2010



Sherwood Cycling Club

President: Mr Frank Beale

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

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HAPPY NEW YEAR EVERYONE

You may be familiar with the Jack Henstock Trophy for the Club Road Race Champion. Jack was a past President of the Club but passed away about 25 years ago. He had met his wife Jean when she joined the Club in around 1946 and both were active cycling members through the 1950s. Sadly Jean passed away recently after a short illness. Sympathies to her family she will be remembered fondly by many older members of the Club.

Dave Woodward is recovering from a hip operation and, if Mike Hankin's experience is anything to go by, should be going faster next season. He has picked the best time of year for an enforced lay-off.

ANNUAL GENERAL MEETING AT ARNOLD VICTORY CLUB 7 DECEMBER

Only 15 attended the AGM (out of about 120 members) – perhaps reflecting the satisfaction of the way the Club is run?

There were few changes to the Committee re-election of Craig Watson (Chairman), Trevor Adams (Secretary), Martin Edjvet (Treasurer), Rob Godfrey (Membership Secretary), Ed Ward (Club Captain and Acorn News Editor), Wayne Bradley (Racing Secretary), Dave Woodward (Club Representative), Paul Wilson (Social Secretary), Gisli Jenkins (Press Secretary) and Frank Beale, Roy Elliott, Harvey Maddocks and Pat Gutteridge remain as Members without portfolio. Joe Gosling was later co-opted as Young Members' Representative and the post of Ladies' Representative remains vacant (any volunteers are welcome!).

Frank Beale was re-elected as President and the Vice-Presidents (Ron Bates, Sybil Bates, Trevor Savage, Ed Ward, Eunice Watson and Roy Elliott) were all re-elected.

Club Membership Fees were kept the same except that the President and Vice-Presidents are now honorary life members in recognition of their long years of service to the Club. This will apply to any future new elections but restricted to a maximum of 10 Vice-Presidents.

As part of working towards gaining Club Mark accreditation it was agreed to change the Club's Constitution to comply with British Cycling's recommendations. Membership Application Forms will also be looked at for possible revision.

CLUB MEMBERSHIP RENEWALS

The end of the year means it is time to renew your Club Membership. Those Members on e-mail should have received a Renewal Form and others have one with this edition of the Acorn News.

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.

BOXING DAY TEN 26 DECEMBER

Icy side roads and early rain probably deterred some potential riders, but 8 did turn up to take part with several others out just for a ride. The race was actually in sunshine with temperatures above freezing and the course free of snow and ice. It wasn't easy though with a stiff wind and riders were well wrapped up, mainly with mudguards and some hangovers!

Ian drove over from a family Christmas in Hull for a convincing win over Andrew and Giles.

Wayne and Ed did the timing.

Rider	Time
Ian Hoggarth	26:00
Andrew Thompson	27:28
Giles White	27:46
Steve Adams	28:28
Richard Palfreyman (Mapperley)	28:29
Nigel White	28:55
Craig Watson	30:25
Verity Butler	30:31

CYCLO-CROSS TRAINING

Some cyclo-cross coaching/training sessions have been held at Arnold Hill School on Wednesdays from 7pm until 8 pm. These will resume after the school holidays until the end of the cyclo-cross season. See on the Forum or contact Trev Adams for more information.

VETERANS' TIME TRIAL ASSOCIATION (VTTA)

If you are over 40 and ride time trials joining the VTTA makes you eligible for various awards. Join by sending £10 to Kathy Smith, 14 Main Street, Wilsford, Grantham, Lincs. NG32 3NP. If you are on-line you can use this [form](#).

ACORN POINTS TROPHY 2009

Gisli showed his consistency through the year beating Matt for overall lead in the Acorn Trophy. Points are won in Club Events scoring 4, 3, and 2 for 1st, 2nd and 3rd places on actual time and on handicap time. All other finishers get one point.

Gisli Jenkins 26; Matt Shaw 20; Martin Edjvet 19; Craig Watson 19; Giles White and Mike Hankin 17; Simon Hookway 16; Ian Hoggarth 14; Steve Walsh 11, Lesley Cliff 7; Matt Hemsley, Darren Hodgkinson and Nigel White 4; Matt Fostun and Cameron Davis 3; Neil Copeland 2; Liz Green-Davis and Joe Gosling 1.

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).

WINTER RIDING

The last couple of weeks have been particularly difficult for cycling with side roads being very icy after snow. The sensible course of action is not go out riding when it is dangerous. Missing some days on the bike is far better than falling off and breaking bones no matter how keen you are! As I write this I hear of some riders coming off on black ice, fortunately without serious injury (except to bikes!). Coming off on ice can often result in a fracture even at low speed. If the bike goes away from underneath you and you drop vertically the impact is worse than sliding along.

Some riding is possible where the roads have been salted but you have to be wary as these routes tend to be busier, there may still be patches of ice and some drivers may not see you because they haven't cleared their windscreens properly. Often it is better to go out a little later in the day when the temperature has risen a bit and the sun has started to melt the frost.

Ride cautiously, ease off before bends but don't brake hard, watch out for shady parts. The link below gives the salting routes in Nottinghamshire but don't assume that all these routes will be ice-free – salting doesn't always work. Don't be afraid to turn back if you find ice on the road.

<http://www.nottinghamshire.gov.uk/saltingroutes.pdf>

Many years ago we sometimes used to ride all day on snow-covered roads, but conditions have changed. Apart from being younger and braver (or lacking sense!) there was little traffic on a Sunday (shops etc were all closed) so it was often just fresh snow that is not as slippery as compressed snow. We also used to ride much wider tyres with a more coarse tread for gripping in snow.

Don't take unnecessary risks with icy roads. If it is really bad, go on the turbo, to the gym, spinning or whatever you enjoy. Save your road training for when it is safe.

HELP NEEDED FOR CYCLO-CROSS SATURDAY 13 FEBRUARY

Please contact Simon Hookway on simonhookway@btinternet.com or 07920 764566.

HARRY THOMPSON

Back in 1950 one of the noted “fast men” in the Club was Harry Thompson who, at the age of 82, is living in Wangunui, New Zealand. His daughter Danica-Lea Larcombe who live in Perth, Australia spotted Jack Sharp's “All our Yesterdays” article in the April 2002 Acorn News on the website and will be taking the article when she visits him in January. If anyone has any recollections or archives about Harry please let Wayne know so he can pass it on to Danica.

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.

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

There are plenty of car parking spaces, but for anyone not wishing to drive, use the Forum to see if you can get a lift or share a taxi.

CYCLING FAVOURITES

Having ridden nearly half a million miles, done many thousands of Club Runs, countless training runs, ridden hundreds of road races and even more time trials, it might surprise you that my favourite cycling activity over the years has been touring.

The “Annual Tour” used to be common practice in cycling clubs but now seems to have lost favour with a few exceptions such as Trev and Sue’s epic “End to End” ride and a Greek Odyssey from the Peloponnese to Corfu and back by Rob and Jude.

Back in the Sixties Youth Hostel Tours within Britain were quite common. It was possible to do such a tour with no pre-booking and on a limited budget. With fewer Youth Hostels, limited opening days and occupation by groups it is now much more difficult to just set off and take each day as it comes.

In more recent years my touring exploits involved booking a flight and then just pedalling away to explore new places. It all becomes a bit of an adventure finding new places, superb scenery, different food and seeing the way others live. Probably the most adventurous was when Pat and I first went to Turkey in 1987. This was before it became a popular holiday destination and we had to put up with very basic (but very cheap!) accommodation. We rarely came across any British visitors, ate good Turkish food, received a friendly welcome (children would run to the roadside to greet us), experienced the local culture (it was during Ramadan), visited many places of historic and scenic interest and met very little traffic during our 900-mile tour of the southwestern area. We were glad to see it before the holiday boom hit the area.

In many countries finding accommodation daily is usually easy if you avoid the main holiday. Flying to your destination is far cheaper than it used to be, but taking a bike is not so straight forward as many airlines insist on your bike being in a bag and has to be booked in advance with an additional fee.

Roads are now far busier than they used to be so you need a bit more planning. The Internet and better maps now make planning much easier – it used to be impossible to get detailed maps for countries like Greece and a lot of guess work was needed to find your way around. Language is not such a problem now as there is a new generation of people who have learnt English at school but it is always well worth learning some of the local language before going.

Some may assume that touring is not a very demanding activity compared with racing but, if you are riding 500 miles a week and carrying 2 weeks luggage over mountain ranges, it can be pretty tough! If you want it easy cut down the distance and relax with plenty of food, drink, sightseeing or spells on the beach.

If you are a bit less adventurous you can have a good cycling holiday abroad but based at a fixed location. You can ride an unladen bike and have the security of knowing you have somewhere to spend the night but you won’t get the same variation that a moving-on tour gives. A fixed-centre cycling holiday tends to work best on smaller islands where locations are more concentrated. On a mainland, there may be few routes out that become a bit tiresome after a couple of weeks. Moving on gives you something fresh every day.

There is a growing number of ways to enjoy cycling. BMX, Mountain Biking, “Sportives” and Triathlons have all been introduced since I started riding. Cyclo-cross has grown in popularity. There is also long-established Road Racing, Time Trials and Track Racing that has evolved into an indoor winter sport.

Do you have a particular favourite? If you would like to write a little article about it, I will be pleased to publish it in a future issue.

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.

Provisional dates for 2010 are 25 January, 22 February, 29 March, 26 April, 24 May, 28 June, 26 July, 23 August, 27 September, 25 October, 22 November and the AGM on 6 December.