

Acorn Newsletter May 2010



Sherwood Cycling Club

President: Mr Frank Beale

Web site: www.sherwoodcc.org.uk

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

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More new members this month are Tom Walsh, Mick Swords and Alan Fletcher (not to be confused with the Alan Fletcher already a member!).

OPEN TIME TRIALS 2010

The Club is promoting two open time trials this year and we do rely on members to help out with marshalling, catering, signing etc.

The first event is on Saturday 12 June on the A25/25 course (Carlton on Trent, A1, long Bennington, Cromwell) starting at 5.00 p.m. and is being run by Mike Hankin, 22 Coningsby Road, Woodthorpe, Nottingham NG5 4LH (tel 0115 9265052). If you wish to enter the event you must get a completed entry form and payment of £7.50 to Mike by 1 June – but don't leave it until the last minute! You can download an entry form from the CTT [website](#).

If you can help on the day you can volunteer now and indicate what job you prefer. The table shows what helpers are needed. We anticipate getting 120 riders, so the last rider will start at 7.00 p.m. and the whole event should be over by about 8.30 p.m.

If you need to be away early choose a job like pushing off, if you can't get there early choose something like doing the result board.

If you can't make this day you have a second chance on Saturday 24 July when Martin Edjvet is running the Ten at Long Bennington.

We need everyone to help out otherwise we couldn't run these events. Please let me know if you can help before we start press-ganging!

Location	Job	No.
HQ, Cromwell	Signing on/numbers	1
HQ, Cromwell	Refreshments	3+
HQ, Cromwell	Result Board	1
Start	Pushing Off	2
Join A1 Carlton on T	Marshal	1
Leave A1 L. Benn	Marshal	1
R @ Valley Lane, L. Benn	Marshal	1
Left onto A1 slip	Marshal	1
Leave A1 Cromwell	Marshal	1
Finish	Timekeeper's Assistant	1
Mobile	Road Signs	2+

RACING NEWS

Ian Hoggarth rode the Teesdale CRC Hilly 40.5 and did 2:4:51. In the VTTA 10 Dave Woodward did 23:46 and Steve Walsh 23:54. Matt Shaw did 56:25 in the BDCA 25.

Scott Hookway won both under-12 races at Thoresby while dad Simon managed 3rd and 4th in the Go-Races. Callum Bramley was 4th in the first Mallory Park Youth Race.

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 24 May and 28 June.

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.

CLUB RUNS

Normal **Sunday runs meet at 9.00 a.m. from Shearing Hill** picking up at Lowdham around 9.20 a.m.

On 9 May there is an opportunity for the Club Run to go and see the [Lincoln Grand Prix](#). This is always worth watching (and to cheer Steve Adams) and finishes about 1.30 p.m. allowing you to get back home at a reasonable time. You can avoid busy roads by going out through Newark, Stapleford Woods and Thurlby covering 38 miles from Shearing Hill. Click [here](#) for a route.

On 16 May we are having another "Get Together" ride this time at the Kingfisher Cafe, Portland Fishing Lakes near Sibthorpe. The idea is for the Club Run and others, making their own way, to meet up at the cafe around 11.15 a.m. A possible route for the Club Run looping round through Long Bennington, Stubton and Balderton can be seen [here](#). This is about 60 miles for the round trip and about 35 miles to the cafe. If you can't manage the full distance there is plenty of scope for cutting short, such as leaving the route at Long Bennington.

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).

We tried a new cafe at Langar, recommended by Jim Hollands, the other Saturday. It is Debbie's Diner open Monday to Friday as well as Saturday mornings – good value (bacon cob £2, mug of tea 50p) and welcoming. It is signposted from near John Deere and serves the Industrial Estate.

AIR TRAVEL

The recent grounding of flights because of volcanic ash left many people stranded (some forced to train an extra week in Mallorca!), some holidays cancelled, forced lay-offs for Kenyan farm workers, delayed cycle component delivery and much more. This was all because transport by air has become much more common despite the high cost of fuel, taxes and security costs.

Over 30 years ago, when I first started taking cycling holidays abroad there was limited availability of flights such that it meant taking a scheduled flight from Heathrow. In some ways this was simpler. Ride to the railway station, buy a train ticket to London (bike free), ride over to Heathrow. You didn't have to book your bike on the plane, just take front wheel out and remove pedals and it went free as part of your luggage allowance (some budget airlines are now charging £40 each way!). Saddlebag was second item of luggage to check in and handlebar bag was hand luggage. At the other end it was just a case of re-assembling bike and pedalling off. However, the drawback was the flight cost - generally over £100 to a European destination equivalent to well over £1,000 in today's money. The flight cost was then a large proportion of the total holiday cost, but you did have the benefit of much cheaper food and accommodation as the £ was much stronger then before the Euro was introduced.

THIRD 20-MILE CIRCUIT TIME TRIAL SUNDAY 11 APRIL 2010

It was a good field for the third circuit event despite a chilly NE wind.

Ian made it a hat trick of wins but Matt and Gisli are not far behind.

Dave Woodward came in with the fourth fastest time and best on handicap time – very good for his age!

Andy Proffitt set a PT time for others to aim at.

Giles (assisted by Craig) did the timekeeping and handicapping.

	Name	Time	H/C	H/C Time	Acorn Points
1	Ian Hoggarth	49:46	Scr	49:46	4
2	Matt Shaw	50:29	1:00	49:29	5
3	Gisli Jenkins	50:46	1:30	49:16	5
4	Dave Woodward	54:04	6:00	48:04	4
5	Paul Ward	55:53	-----	-----	1
6	Neil Copland	57:07	-----	-----	1
7	Pete Fostun	58:28	-----	-----	1
8	Verity Butler	58:44	-----	-----	2
9	Matt Hemsley	58:59	-----	-----	1
	Andy Proffitt	47:15	PT		
	Stewart Bates	52:36	PT		
	Will Turner	55:07	PT		
	Lou Collins	55:52	PT		
	Jo Mallinson &	2-up			
	Sandra Lee	32:37	PT	1 Lap	

FOURTH 20-MILE CIRCUIT TIME TRIAL SUNDAY 25 APRIL 2010

Despite a cool and damp start it was a good day with Gisli doing a course pb and winning the handicap as well after catching Matt.

Verity also did a pb but Mike missed his pb by a second.

Timekeeper was Wayne

	Name	Time	H/C	H/C Time	Acorn Points
1	Gisli Jenkins	47:55	Scr	47:55	8
2	Matt Shaw	49:00	Scr	49:00	5
3	Mike Hankin	51:27	---		2
4	Steve Walsh	54:21	5:30	48:51	3
5	Verity Butler	55:47	---		1
6	Paul Ward	58:42	---		1
7	Cameron Davis	59:18	---		1
	Michael Stojanovic	52:16	PT		

EVENING TENS LEAGUE TUESDAYS 7.00 P.M. OXTON

With four events held there looks to be fierce competition amongst Matt, Gisli and Ian. Although Gisli is only lying second he has missed one event and is unbeaten in the three he has ridden.

Ian Hales has taken an early lead in the handicap section but there is a long way to go.

6 points are awarded to the fastest on actual time and on handicap time down to 2 for fifth and one point for all other finishers. No handicap is given on the first ride. Highest scoring ten rides to count.

	6Apr	13 Apr	20 Apr	27 Apr	S	H
Trevor Adams			31:44	30:10	2	5
Sue Adams			34:34	33:22	2	3
Verity Butler			27:10	26:46	2	1
Neil Copland	26:53		26:44		2	1
Cameron Davis	28:08			27:42	2	1
Martin Edjvet			26:44	26:08	2	1
Amanda English	30:35	32:58	30:57		3	2
Alan Fletcher			31:31	30:56	2	1
Pete Fostun		27:31	26:44	25:37	3	9
Liz Green-Davis				31:59	1	0
Ian Hales	26:57	27:21	25:54	25:46	7	12
Mike Hankin	24:48	27:44	25:54	24:26	9	3
Matt Hemsley	27:33	28:40		27:03	3	3
Ian Hoggarth	23:50		23:34	23:14	13	6
Gisli Jenkins		23:46	23:12	22:56	18	4
Mike Mitchell			32:26	30:51	2	6
John Phimister			27:55	26:51	2	2
Matt Shaw	23:32	24:25	23:28	23:08	21	6
Mick Swords	31:06			30:45	2	1
Andrew Thompson				25:17	1	1
Paul Ward	26:42	27:30	27:11	26:37	6	6
Dave Woodward	25:41	25:58	25:28	25:13	12	9
2nd Claim						
Paul Fostun		26:26		24:49		

ACORN POINTS

After the four events the standings in the Acorn Points Trophy are close:

Matt Shaw 16; Ian Hoggarth 14; Gisli Jenkins 13; Mike Hankin 12; Steve Walsh 6; Simon Hookway 5; Dave Woodward 4; Verity Butler and Paul Ward 3; Martin Edjvet 2; Pete Fostun, Guy Bramley, Cam Davis, Neil Copland and Matt Hemsley 1.

It promises to be an interesting battle for the Trophy.

To help score points don't forget to bring an entry form so that you get a handicap allowance!

FORTHCOMING CLUB TIME TRIALS

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.](#)

The first Club 25 is on Sunday 30 May at 9.00 a.m. on the Granby Circuit A25/2. Start is in Barnstone, left after a mile onto Granby Lane, left A52 Bingham by-pass, left to Langar, through Harby, left to A52 Bottesford by-pass, left up Granby Lane to finish before Granby. Click [here](#) for a map. This is the course used for the Lighthouse 25 in September so our Club events are a good opportunity to familiarise yourselves with the course.

Tuesday Evening Tens start at the lay-by on A6097 about 0.6 miles north of Oxton 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. You can download forms [here](#). Keep a record of all your rides to make it easy to fill in a form.

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.

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