

Acorn Newsletter March 2022



Sherwood Cycling Club

President: Mr Frank Beale

Web site and Members' Forum:

www.sherwoodcc.org.uk

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CLUB RUNS

All Club rides meet at Lowdham War Memorial on three days per week.

For the time being I'm suspending the much easier runs that I was doing, but those who wish for such rides are arranging them on an ad hoc basis amongst themselves.

The regular Club Runs often have a couple of groups catering for different levels of ability and depend on how many riders are out. These rides usually have a café stop.

Weds - meet 9.15a.m. - 35 to 50 miles.

Saturday - meet 9.55 a.m. - 30 to 40 miles.

Sunday - meet 9.45 a.m. - 35 to 50 miles.

There has been some poor weather recently that has cut down the number of attendees recently.

CLUB SUBS

Apart from those new members joining in 2021 whose membership lasts until the end of 2022 Club Subs should have now been paid, see [Join us | website \(sherwoodcc.org.uk\)](#) if you have not yet paid.

The easiest way to join is via the British Cycling website or you can send a cheque to Howard. It is possible to do an on-line Bank Transfer - just ask Howard (or me) for details. Also Trev has a card reader so you can pay your subs to him – let him know so he can make sure he has it with him.

Many members haven't yet renewed. To be covered for insurance in Time Trials you must be a member of a Club affiliated to Cycling Time Trials,

CLUB DINNER

After a slow start to bookings, not helped by Covid, the Club Dinner was in doubt for a while but with some chasing up sufficient numbers were recruited to hold the Dinner and Prize Presentation. I believe a quiz and raffle were held after the meal.

Many thanks once again to Paul and Sue Wilson for organising the function and to Trev Adams for sorting out all the trophies and awards.

TIME TRIALS FROM THE PAST



Here is a photo from 1984 showing me and my now wife Pat riding the Coalville Wheelers Grand Prix des Gents on the sporting Griffy Dam course. The event was on August Bank Holiday Monday and Mondays were always difficult when you had ridden on the Saturday morning run and then done 75 miles on Sunday (this ride was shorter than normal). My legs were aching and we only did 1:08:01 for the hilly 25 miles. The photo must have been on a climb as we are both on our small chain rings.

It is interesting looking at the bike we rode in the days before aero equipment. The wheels had flat section rims with many spokes, no clipless pedals but toe clips and straps, gear levers on the down tube and exposed brake cables. No skinsuits but it looks like we had Lycra tops and shorts, unlike earlier years of wearing wool. No helmets either which look odd these days.

Frames were made of steel and we only had six sprockets on a screw-on block at the rear. I used to have a

selection of gear blocks with various combination of sprockets to suit different courses. We did race on tubular tyres that were glued onto the rims and we carried a spare and a pump when racing.

Bike were generally heavier than the are now - generally a decent time trial bike weighed about 21 lbs (or 9.5 kg).

Thinking about modern TT bikes Chris Froome has recently controversially suggested that these bikes be banned and road bikes used in time trials on the grounds of safety. This is no doubt as a consequence of his and Egan Bernal's horrendous crashes whilst training. The argument being the TT bikes are OK on closed roads, but riders also have to train on them using open roads.

I've never ridden a TT bike, but often wondered about the safety if, say, you hit a pot hole at speed when "on the skis".

Also it has also been suggested that smaller teams are disadvantaged by the expense of supplying, servicing and transporting an extra batch of bikes during a stage race. It does seem to be "an arms race" these day with ever more aerodynamic bikes, equipment and clothing being sought at great expense to gain an advantage over others. The same can be said for British time trials where you need to spend a lot on equipment to compete at the top.

The trouble is you can't stop progress and any rules to limit aero gains would be complex and controversial.

CLUB RACING 2022

The Club racing programme for 2022 will consist of the Evening Tens Series on Tuesday evenings from 19 April with the last one on 23 August. The first two and last two will be a 6.45 p.m. start and the others a 7.p.m. start. The event on 5 July will count as the Club Championship.

Entry fee is £5 per ride or you can get a season ticket for £40,

The course starts on the A6097 at the lay-by just north of Oxton Island going up to Northate Island, left on the A614 to the Longdale Lane Island, back to Northgate and right on the A6097 to finish just south of Oxton Island. The full course can be seen by clicking on [ACC10/2](#).

At some point in the future this course may be affected by road alterations on the A614.

The Club Championship 50 for the Judge Trophy will be incorporated in the Leicester Forest Open 50 on Sunday 10 July starting at Seagrave up to Farndon and back. You must enter this in advance to qualify see [Cycling Time Trials: Leicester Forest CC](#). This is the only Open 50 in the Central District this year.

The Club Championship 25 for the Albert Sharpe Shield and the Halford Handicap Trophy is being incorporated in the Lighthouse 25 on Saturday 17 September using the A46 from Farndon to Stragglethorpe and back. Again you must enter this in advance (Roger Widdowson is event secretary) see [Cycling Time Trials: Sherwood CC \(ANDCC Lighthouse Trophy\)](#).

CLUB KIT UPDATE

There is a club clothing bulk order window now open until midnight 6 March. This means you can order club clothing from Impsport and benefit from bulk order rates. The Club is also subsidising this clothing order by 40% from club funds. The extra discount will be applied automatically by Impsport, but probably not shown on their website pricing. This means that you can order a short sleeve summer jersey in any of the 3 designs - Green, Black with diamonds or Black with bands for as little as £29. There is about an 8 week lead time, so kit ordered now will be delivered early May, in time for summer. Any kit can be ordered - long and short sleeve jerseys, shorts, longs, gilets, arm warmers, overshoes and skinsuits.

A large range of sizing samples will be available to try on at the next club night on Monday 28th February at the Eagle's Nest Community Centre on Gedling Road in Arnold - opposite the Arrow pub. Or you can contact Craig Watson to arrange to try on samples. Elaine Simpson will also bring some samples of clothing for women.

This is a good opportunity to get some Club kit at a bargain price, so don't miss out!

Login to the ImpSport website - <http://www.yourclubshop.co.uk> - Club code **SHWDCC1304**

CLUB NIGHTS AND COMMITTEE MEETINGS 2022

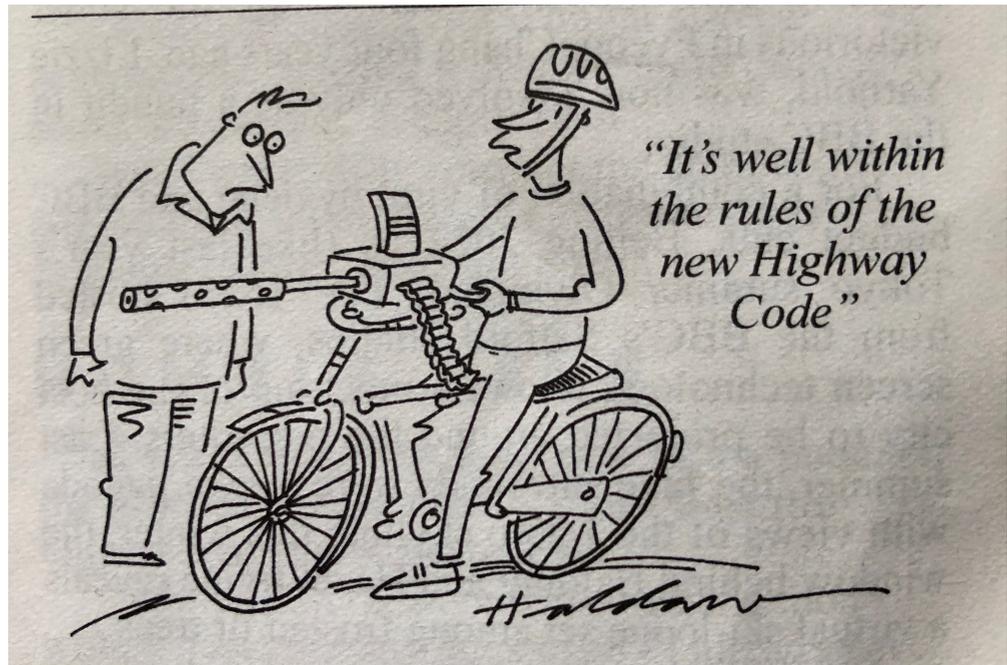
We are now using the Eagle's Nest Community Centre for Club Nights and Committee Meetings on the last Monday of each month the next one is 28 February 2022. These meetings to start at the usual time of 7.30 p.m.

All members are welcome to attend.

HIGHWAY CODE

Private Eye making their satirical comment to the many misinterpretations of the new Highway Code.

Thanks to Sue Revill for sending this to me.



CHARNWOOD IN THE SPRING AUDAX SATURDAY 23 APRIL 2022

The 103 km Audax event is being run by the Nottinghamshire CTC on Saturday 23 April and costs only £7 to enter with profits being donated to the Lincs and Notts Air Ambulance Charity. The event starts at Trowell with a rolling start between 8.30 and 9.15 a.m. and is limited to 200 riders so it is wise to enter in advance by 21 April.

The course is not marshalled or groups guided but a GPS file and a route sheet is available with further information and on-line entry at this link [Charnwood in the Spring Event Details | Audax UK - The Long Distance Cyclists' Association](#).

Several members have taken part in past years and enjoyed the route using mainly country road with café stops at Mountsorrel and East Leake. A Club group makes the ride easier and pleasant. It is not a race and is limited to a maximum average speed of 30 km/h.

The Club also has a trophy awarded to whoever completes the most distance in Audax events during the year October to September. This is based on points with one point for every 10 km of nominal distance. Completing this Charnwood Audax would give you ten points.

NATIONAL ROAD BIKE 25-MILE CHAMPIONSHIP 20 MARCH 2022

Too late to enter now but there is time trial for road bikes only on the A25/34 using the A46 between East Stoke and Stragglethorpe It is on Saturday 20 March with the first rider off at 8 a.m.

It will be interesting to see how times compare with normal events. See: [Cycling Time Trials: RTTC National Road Bike Championship / Time Trial Centenary Event \(Men\)\(Central District\)\(Road Bikes Only\)\(entries close 22/02/22\)](#)

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