

Acorn Newsletter November 2021



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. To cater for the less fit and for those easing back or getting into cycling I've started have a group doing shorter and easier rides. These meet at 9.55 for a 10.00 a.m. departure on all three days. We now often have a café stop.

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 **or** 9.55 a.m. – 20 to 30 miles.

Saturday - meet 9.55 a.m. - 30 to 40 miles **or** 9.55 a.m. – 20 to 30 miles.

Sunday - meet 9.45 a.m. (later time from 7 Nov) - 35 to 50 miles **or** 9.55 a.m. – 20 to 30 miles.

CLUB DINNER

The Mapperley Golf Club has been booked for the Club Dinner and Prize Presentation for **Saturday 19 February 2022**.

Make a note of the date, more details to follow. Hopefully, we will be able to hold this function after having to cancel the last one. It all depends on the Covid19 situation. Numbers are limited.

More details to follow.

SIDE BY SIDE MAPS

Here is an interesting site to browse [Side by side georeferenced maps viewer - Map images - National Library of Scotland \(nls.uk\)](#).

You can pick an area of interest choose maps of different ages and types, see side by side maps and look how things have changed over time. For instance see Epperstone and Bingham before they had by-passes, look at where you live and see how it used to be. Look at Newark and see how the A1 used to go straight through the centre!

You can spend much time picking different maps, scrolling around different places and zooming in and out.

I find it most interesting, as I grew up pondering maps and can remember things like riding time trials through Bottesford, Long Bennington, Whatton and Bingham before they had by-passes.

12-HOUR TIME TRIALS

In a 12-hour time trial it is the distance covered that determines the winner rather than a recorded time as in a fixed distance event like a 10 or 25. To measure the distance covered a finishing circuit of 10 miles plus is used with time keepers placed usually every two miles and a calculation has to be made using two times from just before and just after the 12 hours. The distances covered at each of the time keepers is known. At one event I rode (in 1979) I was a couple of seconds faster than Club mate Mick Perrin at the final timekeeper but Mick beat me because he was further ahead at the previous time keeper. The calculation showed Mick covering 247.825 miles for fourth place and me 247.779 miles for fifth – Mick was below his best for that day, the year before, in his first 12, he did 253 miles beating me by 9 miles.

There are far fewer 12-hour events these days compared to when I was racing. There used to be 2 events locally run by Leicester Forest C.C. and East Mids. C.C. using roads around Bingham, Oxtun, Grantham and Lincoln. These events must have been a nightmare to organise with at least 6 time keepers and so many marshals and helpers with putting on feeds and drinks for up to 100 riders. All local clubs would help out on the day with many people marshalling at one point in the morning and somewhere else in the afternoon. These day events are made a little easier to marshal by repeating the same roads up to six times before the finishing circuit. If you missed out on these local events you could opt to ride the North Mids 12 based on Blyth or the Oldbury 12 based on the Derbyshire/Staffordshire border.

Of course, these days far fewer riders wish to time trial for 12 hours. It was good to see Jez Willows riding the National Championship this year – the first Sherwood member to ride a 12-hour for many years.

I rode the National Championship back in 1974 when it was held locally. I remember it was pouring with rain at the start and so I started with an extra jersey and took it off some hours later when the rain stopped. Then later on a leg into the wind from Bottesford to Harby (about 200 miles) and back I was caught by Paul Carbutt, a top rider but in his first 12. As he was passing me he said he was going to pack. I told him not to as once he turned it would be a tail wind and not far to the finishing circuit. He held back riding behind me (not pacing) . when we turned at Harby he came flying by me and ended up with 4th place and 264 miles – I did 244 miles for 24th place. The winner was multi champion Martyn Roach just shy of 269 miles – considered a good distance at the time. Compare that with this years National Champs where the top 12 riders all did over 300 miles and the winner Tim McEvoy (a veteran) doing 45 miles more than Roach did 47 years ago!

Back in those days we didn't have aero equipment, carbon fibre, sports nutrition, clipless pedals, lycra, skin suits, computers, power meters or turbo trainers. I rode with woolly shorts, steel frame, toe clips and down tube gear levers.

My worst day for a 12 was 1976. I had just moved house and was waiting for a phone line to be connected (no mobiles, or home computers then) and arranged for a club mate, Tony, to take me to the event and hand food and drink to me. He was supposed to come at some unearthly hour, 4.30 a.m. or something. But he didn't – so a dilemma, go to a phone box down the road or wait? – I called him eventually and he had slept through his alarm. It was now too late to be picked up so I went in my car, after loading my bike, food and bottles – I didn't like to do that as I was usually not in a state to drive after riding a 12. Just before the start I decided to ride my bike just to test it before racing (didn't do warm-ups for 12s). I took off my track suit top (it was the seventies) put it in my boot and closed the lid. Suddenly realised my car keys were in the pocket and I was locked out with minutes to go. I had to start with no food and no bottle. Tony was now there and I left him to sort it! He went down to a police station in Bingham and they had a few car keys including one for a Vauxhall (my make) and by chance it fitted. So order was restored and Tony was later able to hand up some food and drink.

Then after about 90 miles the route went the back way through Collingham, to avoid traffic lights, when a cat ran across the road straight under my front wheel and I was on the deck with a cut above my eyebrow and gashes on knees and elbows. The cat ran off so fared better than me! A woman from a nearby house helped me out. I was worried about dripping blood over her kitchen floor. She called a local doctor who put a few stitches in my eyebrow and patched me up. Event over DNF not my lucky day!

It was much better 4 years earlier when I did a pb of 251.814 miles and broke the Club Record later broken a few times by Mick Perrin currently 268.872 in 1996.

Back in the day most 12-hour riders incorporated an “annual tour” into their cycling year to put an edge on their endurance fitness. In 1980 and 1981 I did tours in Austria and Italy with Cliff Rowbotham, who had broken the Club Record back in 1958 (around 248 miles, I think), Mick Perrin who broke my record in 1978 with 253 miles before smashing it in 1996.

Back in 1972 when I did my best ride the Competition Record was held by John Watson, Clifton CC (York) with 281.87 miles done in 1969. Of course, things have moved on now with the current record standing at an incredible 325.55 miles done by Joe Skipper in 2020. Aero developments in clothing and bikes as well as more focused training and nutrition have all contributed to this nearly 44 miles improvement.

ACORN NEWS OCTOBER 1948

Our President Frank Beale has recently come across an old edition of the Acorn News and copied it to me. October 1948 was before I started cycling – only 6 months old!

Club Subscriptions listed on the front page were 5 shillings (25p) for men and 4 shillings for Ladies. Rather discriminatory these days. The Club Night was on Tuesdays at Cavendish Hall, Hall Street, Sherwood – hence the club name.

One article referred to the club record for Nottingham to York and back. These records were based on the main Post Offices in the two locations, so you had to pass the Post Office on King Street in Nottingham and the main Post Office in York. You could start outside the city and pass King Street first go up to the York P.O. and come back to your start point. The record was first established in 1935 by Jack Amos in 8:49:50. In 1948 Nobby (Clark?) decided to have a crack with a chilly 6 a.m. start, probably from King Street (no traffic problems then) reaching York close to 10.00 a.m. Back into a head wind and rain for the last 30 miles he knocked 15 minutes off the record. I think Post Offices were initially used as they had clocks in case the stopwatches failed.

Another brief report was on the Club 100 event won by Walt Wilkinson in 5h 0m despite having to finish on a borrowed bike. There were only 4 riders and one turned at the wrong place “on the Gt. North Road, outside Newark”.

In a Junior Evening 10 Colin Belt “broke both the Club and course record” with 23:43. Frank Beale was second with 24:20. Considering the bikes and clothing of the time these time would still be creditable today. Bear in mind it was also just after the Second World War and rationing was still in force on many things including some food stuffs.

The Notts. Centre NCU (National Cycling Union, a forerunner of British Cycling) Massed Start Championships was held on the Forest Recreation Ground. Road Racing on the open road was not permitted. This is a short circuit with a good climb each lap.

In the Junior event Sherwood was represented by Frank Beale, Dennis Shaw and Alex McWhirter making their debut. Frank found this racing suited him and won most of the lap primes and then won on his own backed up by Dennis 6th and Alex 11th to also win the team prize.

The Halford Trophy 25 that year was an interclub event with Arnold Wheelers. Lin James, then riding for Arnold Wheelers was fastest with 1:3:23 just two seconds off his club record leading them to team victory by 59 seconds. This despite Sherwood having 15 riders to Arnold's 3.

Sherwood's best was E. Dalton with 1:4:30 and Frank Beale did 1:6:30 to become Junior Club Champion and to secure the secure the Patchett Bowl Junior Points trophy.

Frank went on after his Junior days to be a competitive rider for many years even into his veteran days and still rides now – with a bit of electric assistance!

CLUB KIT UPDATE

Login to the ImpSport website - <http://www.yourclubshop.co.uk> - Club code **SHWDCC1304**.
Items available in Registered Club, Training or TT designs:

Fabric type T1 – Comfortable feel and fit

Fabric type T2 - Race fit, specialist fabric, speed gains

Fabric type T3 - Race fit, state of the art fabric technology

Buy online from ImpSport and it'll be delivered directly to you. Then, email a copy of your invoice to me and you'll be sent a Club cheque for **20% of the invoice value as your Club member rebate.**

SCC Cycling Stock		Size	No.	Unit Price	
ProVision	Bib Tights - no pad	1 S	30" waist	1	£10.00
ImpSport					
BC Registered	Bib Shorts	M	32" waist	1	£40.00
BC Registered	T1 Bib Shorts	M	32" waist	1	£53.28
BC Registered	T2 Bib Shorts	L	34" waist	1	£72.00
BC Registered	T2 S/S Road Jersey	L	40" chest	1	£63.36
BC Registered	Sportif S/S Road Jersey	S	Ladies	1	£33.60
BC Registered	Winter Jacket Mens Full Zip	S	36" chest	1	£90.72
Training	Gilet Windproof	S	36" chest	1	£46.56
Training	T1 S/S Road Jersey	M	38" chest	1	£41.28

ImpSport Size Guide - for the regular Club Jersey and T1, if you're an M&S L, take an ImpSport L. For a more comfortable fit, size up 1 size in T1 or size up 2 sizes for T2 and T3, unless you like a race fit.

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