

# Acorn Newsletter

January 2018



## Sherwood Cycling Club

President: Mr Frank Beale

Web site and Members' Forum:

[www.sherwoodcc.org.uk](http://www.sherwoodcc.org.uk)

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***Happy New Year***

### CLUB RUNS

**Sunday meet at Lowdham War Memorial at 9.45 a.m.**

**Wednesday runs meet at Lowdham War Memorial 9.15 a.m.**

**Saturday Runs meet at Lowdham 10.00 a.m. (25-40 miles with a café stop).**

Follow this [link](#) for the location of the start point for all Club Runs. Please be prompt.

**Note** that Sunday runs now start at **9.45 a.m.** for the winter period and may get back a little later - around 1.30 p.m. The runs are about 40 miles from and back to Lowdham and include a cafe stop. If there are sufficient numbers we will have two groups split according to speed.

On Wednesdays, we usually have three different groups. The medium group includes a cafe stop and is usually about 50-60 miles. The fast group is often 80 miles or so at a training pace. The proposed route for the Medium Group is often posted on the Forum. For the Easy Group, I usually decide the cafe stop on the day depending on the size and composition of the group and the weather doing about 40 miles. There is also usually a small "easy,easy" group meeting for a shorter ride and leaving at 9.30 a.m. led by Dave Gartside.

Saturday runs have an easy group suitable for beginners and those who want an easy ride. We also have many who want a faster ride, so normally have two groups or, sometimes three, to suit all. The last group is the easier aiming for around 14 mph - often a bit slower to suit. The Easy Group has the intention of keeping a pace manageable by anyone on a road bike, the other group is more challenging depending on who is out.

Some days when we have a larger attendance we need 3 groups to cater for those who want to have a training type ride and those who want a moderate ride a bit faster than the easy group. As ever it is difficult getting something that suits everyone and does need a bit of tolerance and consideration.

### CLUB NIGHTS AND COMMITTEE MEETINGS 2018

Meetings are held monthly on Mondays 7.30 p.m. at the Arnold & District Victory Club, Church Drive East, Arnold. Click this [link](#) for the location.

The next meeting is on Monday 29 January 2018, when the Club Racing Programme for 2018 will be decided. All members are welcome to attend.

## **ANNUAL GENERAL MEETING TUESDAY 12 DECEMBER 2017**

The Club's AGM. at the Arnold & District Victory Club, Church Drive East, Arnold was attended by about 19 members.

There were a few changes to the Committee with Howard Clark taking over from Rob Godfrey as Membership Secretary and Roger Widdowson replacing Chris Draper as Press and Social Media Secretary. Sue Revill was elected as Women's Representative. Dave Trevor was added to the Committee as a member without portfolio.

The Club Accounts remain in a healthy condition and so no increases were made to Membership Fees or Race Entry Fees. The Committee will look into ways in which some of the Club's capital can be used to benefit the Club and its membership.

Some changes to the qualifying conditions for the Club BAR and the 100-mile Championship were agreed. Performances were restricted to time trials in certain local areas for historical reason. Rides on any course are now allowed giving more opportunity to qualify.

### **NEW WOMEN'S REPRESENTATIVE**

Hello - My name is Sue Revill and I have recently taken on the role of women's rep (agreed at the 2017 AGM). I have been a member for 2½ years and have cycled regularly most of my life. There are not many active women members so the glaring task ahead is to encourage more women, who cycle regularly, to 'join up'.

A few suggestions have already come my way - organising a women's only ride, and some women's specific training sessions e.g. to improve riding skill and strength. Taking the first suggestion initially, I aim to identify a date in April for a women's only ride. I will be looking to promote the ride in the local press, online and by word of mouth. Hopefully we can build an enthusiastic women's section.

See me on club rides - most usually Wednesday, irregularly Saturdays and Sundays. If you miss me on club rides and have a query, concern or useful suggestion send me a text on 07888682618.

Best wishes & happy, healthy 2018. Sue

### **CLUB DINNER 3 MARCH 2018**

The Club Dinner has been booked for Saturday 3 March 2018. The venue is once again at the Mapperley Golf Club. <http://www.mapperleygolfclub.org/map-and-directions>

This is always an entertaining evening when Club Trophies are presented to the winners. The price (subsidised by the Club) is just £10 (children under 16 £5 for the same meal).

The meal will be a carvery with starter, sweet and coffee. There will also be a vegetarian option.

We usually also have a quiz and a raffle.

Prize-winners are particularly encouraged to attend - it is a bit of an anti-climax making presentations to people who are not present. You are welcome to bring family and friends. There are limited places so book early to secure your place (cheques payable to Sherwood Cycling Club) to the organiser Paul Wilson, 19 Lascelles Avenue, Gedling, Nottm. NG4 4GB e-mail [paulsuewilson@gmail.com](mailto:paulsuewilson@gmail.com) telephone 0778 8976488.

## **OPEN 10 MILE TIME TRIAL 7 JULY 2018**

The Open 10 next year is on Saturday 7 July 2018, starting at 5.01 p.m. on the Long Bennington course. Roger Widdowson and Steve Littlewood are organising the event.

### **CLUB SNOODS**

For those that don't know a "snood" is a garment that can be worn as a neck tube, an under helmet hat, head band, to cover the mouth and nose or like a headscarf to cover the ears. The design will be in the Club's green colour as background with a pattern of small Club logos in black.

For a bulk order these cost £15 plus carriage but the Club will subsidise them and members can buy one for £7.

I will announce on the Club Forum when I have delivery.

### **CAFE NEWS**

Cafe Velo Verde is a new cyclist friendly cafe in Screveton at the Eco Farm Centre and is open on Fridays, Saturdays and Sundays. As it is only about 5 miles from Lowdham, it is difficult to make a decent route for a Club Run. Well worth a visit though.

### **CLUB MEMBERSHIP**

Club Membership renewal is now due for most members. Any **new** members who joined during 2017 do not have to renew until the end of 2018.

Our new Membership Secretary is Howard Clark, 212 Southview Road, Carlton, Nottingham NG4 3QU Tel 0777 5768400 e-mail howard "at" howardclarkcoaching.co.uk.

To ensure your details are correct please complete and return a Membership Form with a cheque (payable to Sherwood Cycling Club) or cash.

For ease I'm sending a copy of the Membership Form to all who receive the Acorn News.

You can avoid filling in a form and posting/delivering it to Howard by joining on-line, through the British Cycling website. There is an Administration Fee of £1 but you do save on postage and paperwork. Follow this link:

[https://www.britishcycling.org.uk/club/subscriptions?&club\\_id=2833](https://www.britishcycling.org.uk/club/subscriptions?&club_id=2833)

The Club do not insist on members having third party insurance but it is recommended. You can get free liability insurance and legal assistance by joining British Cycling or Cycling UK (formerly CTC). These also have member benefits like discounts and information.

British Cycling can be joined at <https://www.britishcycling.org.uk/membership>, If you wish to race in BC events you will need Race (Silver or Gold) Membership, if you ride for leisure/commuting then Ride Membership will suffice.

Cycling UK can be joined through their website <https://www.cyclinguk.org/>. They include third party insurance and legal assistance as well as much other information. Members also receive a free magazine every two months.

At present I'm a member of both organisations.

## **BOXING DAY 10**

Boxing Day was quite cold with a strong wind blowing but bright sunshine made it tolerable - unless you were timekeeping!

Eleven turned up to ride on a variety of bikes but no fully aero TT machines were out.

Young Tom beat the old master Nigel (back from France for a few months) by 5s. Llew was the only other rider inside 30 minutes.

First time rider Isabel went off course twice meaning that I wasn't last.

Thanks to Trevor Adams for timekeeping and enduring the cold.

Tom Foreman	27:23
Nigel White	27:28
Llew Hancock	29:26
Paul Ward	31:00
Mark Saunders	31:20
Kev Humphreys	32:09
Jonathan Derrick	32:16
Craig Watson	33:58
Karen Day	36:56
Ed Ward	38:16
Isabel Derrick	42:21

## **WINTER WEATHER**

Recently we have had some weather bad enough for many members to miss rides - I've missed or abandoned four times during December. Fortunately, around Nottingham, we seemed to miss most of the worst weather.

It has stirred me memory of bad winters in the past, when the weather seemed more extreme and I missed very few rides. Of course I'm older, weaker and more cautious now. In my years of racing, I didn't want to risk losing fitness "just because of a bit of snow". Another big factor to deter riding is traffic conditions - 30, 40, 50 years ago we could ride all day on snow covered roads untouched by traffic. Fresh snow on dry roads is not slippery but if it gets compressed by traffic, ice forms.

Perhaps one of the worst days for weather back in the seventies involved a Youth Hostel Weekend at Castleton. Riding out there on the Saturday was sub-zero, but on Sunday morning it was snowing heavily. We got our bikes out and the snow was over our hubs - a daunting prospect.

We hoped the main road towards Hope would be better. There had been a snow plough through but the snow was still about 10cm deep and a blizzard was persisting. We investigated the railway station at Hope, but it was deserted and the track buried in snow (no hope!). We pressed on with difficulty, to reach Hathersage. At the station we were told they were hoping to get a snow plough train through in a few hours. Two of us decided to wait for the train (with lunch in a cafe) the rest (about six of them) decided to ride on. When the train came it was packed, but we squeezed into the guards van with our bikes and got to Sheffield. From there we got another train to Nottingham arriving after 6 p.m.

Those that rode back got home before us as they rode out of the worst of the snow.

On another occasion just two of us turned up for a ride at -10°C. All side roads were deep in snow (hedge to hedge!) so we took the partially covered A52 to Barrowby, then down the A1 to Colsterworth. Lorries were abandoned along the A1 with frozen diesel. We retraced our route to get back home only doing about 70 miles!

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