

Acorn Newsletter October 2017



Sherwood Cycling Club

President: Mr Frank Beale

Web site and Members' Forum:

www.sherwoodcc.org.uk

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Another new member to welcome this month is Howard Clark.

CLUB RUNS

Sunday meet at Lowdham War Memorial at 9.15 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.

Sunday runs usually get back around 1-1.30 p.m. and include a cafe stop. Usually these are around 40 miles from and back to Lowdham, but if we have sufficient numbers we will split into 2 groups. The stronger group usually going a bit further as well as faster. Recently, we have had just one group going at an easy pace, but if anyone wants to organise a longer, faster run they are welcome to do so. When we get into November, Sunday runs start later at 9.45 a.m. to mitigate against colder, darker mornings.

On Wednesdays, we usually have three different groups with the fastest sometimes not having a cafe stop. 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.

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 - sometimes 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.

It won't be long now until winter bikes with mudguards become the order of the day. Let's hope we still have some nice days through October.

CLUB NIGHTS AND COMMITTEE MEETINGS 2017

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 two meetings are 30 October and 27 November. The meetings are open for any member to attend.

PRAISE AT LAST!

On a recent Wednesday run Dave Gartside's "Easy Easy" group were passed by a woman in a Land Rover who stopped to have words, but it was good! She apparently represented a group of horse riders and they were grateful that Sherwood riders (recognised by their jerseys) treated horse riders with due respect, unlike many other cyclists!

This is how it should be and all road users should respect other road users and put safety first. From our respect we don't want to be kicked or have a horse land on us. Just as we hope for motor vehicles to slow down give us plenty of room, we do the same when encountering horses.

Horses can be spooked by approaching cyclists and a warning of our approach and our patience will be appreciated. Horses often calm down if they hear a voice, so a friendly call of "Good morning. Cyclists behind" will help and improve our reputation. If the horse riders drive cars they may remember the respect we showed and give us respect in return.

CLUB CLOTHING

I have ordered 10 lightweight training jackets and these are due for delivery early November. I'll let people who have ordered these when they arrive.

<http://www.yourclubshop.co.uk/> Login to enter the using code SHWDCC1304

You can order one-off on certain garments but some require opening a "product window", let me know if this is stated and I can make arrangements.

Sizing is given on <http://www.yourclubshop.co.uk/size-charts> and covers men's, women's and child sizes. If you are still uncertain about your size you can get a sample garment to try. You have to return these to Impsport within a time frame otherwise you will be charged.

ANDCC LIGHTHOUSE 25 SUNDAY 17 SEPTEMBER 2017

We only had five riders entered for the Lighthouse 25 that also counted as the Club 25-mile Championship for the Albert Sharp Shield and the Halford Trophy for the best on handicap.

It was a cool start with a light Northerly wind. Whilst we had no expectation of regaining the Lighthouse the Mapperley had six riders faster than our fastest rider and easily won the team trophy. Mapperley's Ian Guilor won the Mick Oldnall Trophy as best ANDCC rider with 53:35 and second overall to David Mead Lutterworth CCRT who did 52:57.

Name	Time	H/C	H/C Time	Acorn Points
Giles White	1:00:56	1:00	59:56	12
Gisli Jenkins	1:02:06	Scr	1:02:06	10
Roger Widdowson	1:08:51	4:00	1:04:51	8
Steve Littlewood	1:11:05	4:40	1:06:25	5
Steve Walsh	1:12:01	5:40	1:06:21	5

Giles was our best rider beating Gisli who had lost some form with reduced riding. Roger did his slowest ever 25 but improved to 1:02:28 in the VTTA 25 the following week, Steve Littlewood had just returned from a big ride in the Pyrennees and Steve Walsh was below his earlier form.

Giles thus became Club Champion but despite being best on handicap the Halford Trophy goes to Gisli under the "one rider, one trophy" rule.

We had just 8 riders on the Club Run out to the event and made the event HQ at Barnstone our cafe stop. Excellent cakes at bargain prices!

CLUB HILLCLIMB AND FREEWHEELING CONTEST SUNDAY 24 SEPTEMBER

We had a fine, quite warm day with a SSE breeze and 19 on the Club Run heading for Terrace Hill. Four riders didn't want to go to the hill climb and left us but 10 "volunteered" to take part. After a bit of hassle getting people signed on and issued with numbers we were ready to go. Dick and Woody were looking after the start, but I had to ride up to the finish so they had to wait a bit for me to get up there and get my breath back.

Riders from the "Belvoir Blast" sportive were still making their way up the hill and it made me feel better to pass several riders some of whom were reduced to walking. Very rare that I pass anyone on a climb, I'm usually dropped off the back!

Our riders had various attitudes to the hill climb. The younger ones used to racing, were determined and pushing themselves to the limit, while many of the more senior riders were not into racing and just aimed to get up the hill. Such is the nature of our event, something for everyone and just do your own thing.

Llew Hancock	2:14.5
Tom Foreman	2:16.5
Mike Hankin	2:35.3
Roger Widdowson	3:00.1
Pete Phillips	3:00.7
Dave Waring	3:35.4
Richard Buckwell	3:37.2
Howard Clark	3:52.8
Robert Duda	4:22.5
Michael Falter	5:55.4

Once we had gathered every one together, we set off for our cafe stop at Lakeview Fishing. As we descended Landyke Lane just before the cafe I felt my rear tyre softening so I dropped back through the bunched and hoped to make the cafe before having to stop. It was one of those days when everything seems to go wrong and I was struggling to get the tyre on when Andy Wilson happened along and put my tyre on for me with ease. Then Dick and Michael came back from the cafe concerned at my absence. Then I had trouble with my CO2 pump and my chain off but eventually got to the cafe.

After the lengthy (for most) stop, sitting outside in the sun we set off for Harby Hill and the freewheeling competition. We quickly got away after explaining to the uninitiated what it was about and anticipating a tailwind.

Everyone managed to get at least to Harby with Roger doing the least distance hampered by his non-aero bike with a front mudguard and, no doubt, slowed by his beard! Just two riders managed to get over the canal bridge to enjoy a bit more descending to Langar airfield. Pete got a bit further than Llew, but Llew was the best overall with first ascending and second descending.

Then it was back to Lowdham through Langar, Tythby and Upper Saxondale for a later than normal finish.

A most enjoyable morning, albeit tiring for me.

MEMBERSHIP SECRETARY

Rob Godfrey has been Membership Secretary for 10 years now but has decided it is time for someone else to take over. Thanks to Rob for doing this vital job for a decade. We need a volunteer to take over from the AGM on Tuesday 12 December.

There is not a lot of work involved but someone needs to collect the Membership Fees and pay them in to Club Account and keep a record of members.

It would be good to see someone not already involved in the Committee to introduce some fresh ideas. If you are willing let a member of the Committee know or post on the Forum

AUDAX EVENTS

Audax events are group rides over a set course where you find your own way round with various check points around the course. You have to cover the course within a set time limit. Further details can be found at the website <http://www.aukweb.net/home/>

They differ from Sportive rides in that the entry fee is more reasonable and riders are more self sufficient. I think it was Trev who said "Sportives are for riders who pretend they are racing, while an Audax is for riders who pretend they are not racing".

They do encourage you to go and ride somewhere different, with other riders and give you a challenge. If you fancy riding an event put it on the Club Forum and you may get others members to enter with you and make it a good day out.

Brian Abbott, John Church and Wayne Bramley rode the 107 km "Beware of the Plague" Audax starting from Alfreton and venturing into the Peak District - Eyam being the plague reference. Perhaps "Beware of the hills" would be an alternative name?

Paul Mellors and Sue Revill did the longer, but possibly less hilly, Humber Bridge 200 km Audax.

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.

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 telephone 0778 8976488.

OPEN 10 MILE TIME TRIAL

After last month's publication both Roger Widdowson and Steve Littlewood stepped forward to run the Open 10 in 2018. Details are still to be sorted but it will probably be a joint promotion and a similar format to this year.

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