

# Acorn Newsletter October 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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Sorry the Newsletter is late this month but I have got behind with things since I had an accident on 8 September. I have no memory of the day but a video shows I came off coming down Oxton Bank after watching the Tour of Britain. I am now back to limited riding - shorter and slower - but building up gradually. I'm very glad I was wearing a helmet as I landed on my back with the back of my helmet crushed, being knocked unconscious and not a bruise on my head - just aches and pains.

Thanks to anyone who helped out on the day and to John Phimister who retrieved and returned my bike.

### **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 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 or four different groups. The medium group includes a cafe stop and is usually about 50-60 miles. The fast group can be 80 miles or so at a training pace. The proposed route for the Medium Group is often posted on the Forum. The Easy Group is often split into 2 if numbers are large and are about 40 miles. The cafe stops are decided on the day. 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 - 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.

### **WOMEN'S RIDE SATURDAY 6 OCTOBER 2018**

The women's ride on 6 October was cancelled because of bad weather. The next ride is on Saturday 3 November meeting 9.40 a.m. at the Lowdham War Memorial.

### **CLUB NIGHTS AND COMMITTEE MEETINGS**

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. All members are welcome to attend.

The next meeting is on Monday 29 October.

## THE AUDACIOUS AUSPICES OF LONG DISTANCE CYCLING - SUE REVILL

'Organised by cyclists for cyclists, we don't want to make a profit – just get more people cycling', a simple philosophy from Paul Bolton, the local organiser of the Witham and Blues Audax. Four members of Sherwood CC completed the 110 km distance last Saturday (29<sup>th</sup> Sept) – Sue and Trev Adams, Paul Mellors and me. This was the first Audax Paul Bolton had organised, he offered a choice of rides with 200, 110 and 60km routes. The other local Audax on offer was 'The Beast of Bolsover' (100 km and 1900m of climbing) (Roger Widdowson completed in 4hrs 53 mins, 13.3 mph - well done!). Further afield there was 'The Suffolk Byways' 110km from Blaxhall, a 200 km from Chepstow, a 300 km from Greenwich, a 200 km from Ponteland and a 100km from Reading

So how did the spirit of long distance cycling develop into the esoteric world of Audax rides. The following resume has been taken from the Audax UK website ([aukweb.net](http://aukweb.net)) :-

'The idea of Audax was first formulated in Italy in 1897. Participants had to swim, run, walk, or cycle a set distance in 14 hours which was approximately the time between sunrise and sunset. The distance to be covered by cycling was 200 kilometres. In 1904 Henri Desgranges produced Audax regulations - these were the property of his magazine Auto and formed cyclists into groups, each with a captain, that stayed together for the entire 200 km ride. This method of riding is known today as Euraudax. Cyclists who had gained the Brevet d'Audax formed the Audax Club Parisien (ACP) and organised events for Auto throughout France.

ACP created the Brevets de Randonneurs (Certificates for long-distance-cyclists) to enable them to carry out their programme of events without infringing the Brevets d'Audax. These 200 km Randonnées differ from Euraudax events in that cyclists do not have to ride as a group. Each individual can go at his own pace - 'a allure libre' - and stop at will for refreshment. To prevent racing, time checks were established at controls with minimum and maximum time limits. ACP kept records of all Brevets de Randonneurs Francais (now Brevets de Randonneurs Mondiaux) from this date. It is these regulations that were later adopted by Audax United Kingdom and the name Audax in the title comes from ACP not the style of the event. In order that British cyclists could qualify for the Paris Brest Paris (PBP, approx 1200 km), a long distance event, the Windsor-Chester-Windsor 600 km, was instituted in 1976, and from that Audax UK (AUK) was formed.'

Audax clubs, or affiliations, exist in all parts of the UK, many are also the local CTC group – now known as Cycling UK, the charity pioneers cycle touring, campaigns for cyclist rights and improvements to cycle infrastructure.

Apart from the beguiling names (who could resist Last Chance Dales Dance 200 or Corallian Crusade), riding an Audax means you get to ride the best routes for road bikes devised by local cycle clubs, - a way of sharing best kept secrets with fellow cyclists. They are getting more popular, with the advent of GPX, nearly all organisers provide the GPX file to download once you have entered an event. Before such technological wizardry, an Audax was much like an orienteering running race – you would be given a list of road directions and off you go!. To verify that you actually cycle the route you will be given two or three questions whose answers will be spaced along the route. There will also be a couple of check points to have your Brevet card stamped - usually café stops.

Some people may prefer a marshalled route and the 'competitive' feel of a Sportive. But with an entry fee of £5 to £7, food at the start and the finish – you could complete as many Audax rides as you like without breaking the bank! A change is as good as a rest – cycling a new route is always refreshing, challenging and a good way to see some Great British countryside. Beware though, they can become addictive –a bit like bagging the Munro's, you may find you have to do them all - culminating in a PBP or the LEL (London Edinburgh London)!

## RACING NEWS

The ANDCC Lighthouse "25" had to be shortened to 17 miles this year because of road works. The Lighthouse Trophy for the best team of 5 riders from local clubs was retained by Mapperley C.C. but Sherwood were second only about 5 minutes adrift. Our riders were also competing for our Club Championship, Albert Sharp Trophy won by Chris Draper and the Halford Handicap Trophy won by Llew Hancock.

Name	Time	H/C	H/C Time	Acorn Points
Chris Draper	40:15	0:35	39:40	11
Giles White	40:38	Scr	40:38	7
Mat Stonley	40:55	Scr	40:55	4
Tom Foreman	41:56	1:40	40:16	7
Paul Jones	43:01	2:30	40:31	5
Llew Hancock	43:04	4:05	38:59	6
Roger Widdowson	45:55	3:45	42:10	1
Paul Ward	47:02	6:30	40:32	2
Howard Clark	DNS			

In the Ratae RC 10 Mat Stonley did 23:32 and Giles White 24:06.

The VTTA 25 on 22 September had some fast times with Giles doing 56:42, Mat 56:50 and Paul Jones 1:00:38.

## CLUB HILL CLIMB AND FREEWHEEL.

The Hill Climb and Freewheel is an end of season fun event with a Club Run out to Terrace Hill, the a cafe stop at Lakeview followed by a freewheel down Harby Hill. I couldn't make the event this year so thanks to Trev for taking over.

Fortunately, the rain held off but a headwind hampered the Freewheel where Mark Archer-Blore went the furthest.

Mark Archer-Blore	2:22.2
Mark Harrison	2:23.2
Mat Stonley	2:26.7
Sam Cooke	2:47.8
Roger Widdowson	3:17.1
John Phimister	3:26.4
Charlie Stonley	3:39.2

## HOW CLUB CYCLING HAS CHANGED OVER THE YEARS

Back in 1969 Sherwood ran the National Championship 50-mile time trial. It was won by multi champion Martyn Roach with 1:53:32. I did a then p.b. of 2:9:19. This year the event was run by Leicester Forest and was won by Marcin Biablocki with 1:33:38 some 20 minutes faster! Roach's time would have only placed him 61st in this year's event.

Of course bikes have changed, back in the sixties we just rode a standard bike - mine even had mudguard eyes - and then we'd go on a club run afterwards. Sometimes we changed our wheels and carried our race wheels on "sprint carriers" on the club run.

These days, instead of cycling out to a time trial removing your saddlebag and mudguards before racing, riders go out by car and then warm up on a turbo trainer.

Another big change has occurred in leisure cycling with expensive commercially organised Sportives and the more reasonable Audax event (as described in Sue's article above). Without GPS we just used to do Club Runs or go touring (often using Youth Hostels) guided by good old fashioned maps.

Winter Youth Hostel weekends were common place as was a fortnight's tour in the summer.

Times change and the old days are just a memory now.

## **CLUB KIT by John Church**

### **Pricing & Orders**

The exclusive Club member rebate has now been increased to 35% on the purchase of Club kit, but only up until 31 December 2018, so far.

For individual orders, go to the ImpSport website and buy online as normal and the item will be delivered directly to you. Then email a copy of your invoice to me giving your name, address and bank account name and a cheque will be sent to you for 35% as an exclusive Club member rebate.

### **The New ImpSport Range**

The Club ImpSport website page is at <http://www.yourclubshop.co.uk>. Just login to enter using the code SHWDCC1304. For some garments in the new Tiered range there are now 3 garment types:

**T1 Collection - Premium quality and comfortable fit, a perfect fit every time.**

**T2 Collection - Race fit, specialist fabrics for maximum aerodynamic and speed gains.**

**T3 Collection – Race fit, state of the art fabric technology and good for TT.**

**Latest News** - The ladies are currently looking at a new training jersey design (but available to all) - more on that later as further details become available.

### **Existing Stock - Club Kit**

Current stock at bargain prices:

			Size	No. Available
<b>Leisure</b> £1 each item	T- Shirts blue	XL	42" chest	5
	Sweatshirts	XL	42" chest	3
<b>ProVision</b> £10 each item	Bib Tights - pad	3 M	32" waist	1
	Bib Tights - no pad	1 S	30" waist	1
	Bib Tights - no pad	3 M	32" waist	1
	3/4 Bib with pad	3 M	32" waist	2
	Sleeveless Summer Jersey	6 XXL	44" chest	1
	Atom Rain/Wind Jacket	3 M	38" chest	1
<b>ImpSport</b> £30 each item	Bib Shorts	S	30" waist	1
	Bib Shorts	M	32" waist	4
	S/S Summer Jersey	S	36" chest	1

### **Price Window - Even More For Even Less**

We've also been offered a '**Price Window**', which with the bulk order and Club member discount could reduce prices by up to 50%. Go to the Impsport website and email your choices to me (exact model and size) and I'll put together a price window order. Several items have already been pre-ordered.

### **ImpSport Size Guide**

For the regular club jersey and T1, the sizes are English, so if you take a large at M&S you'll need a large at ImpSport. If you like a more comfortable fit, then size up in the T1.

For T2 and T3, unless you like a tight race fit, then it's recommended to size up x 2 sizes.

I have some sample garments (jerseys and shorts) to try for feel and size. Just contact me to arrange, or call ImpSport on 01522 778805 or visit their factory at North Scarle, Newark.

If you have any questions or need further information, just email me **John Church on**  
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