

Acorn Newsletter April 2019



Sherwood Cycling Club

President: Mr Frank Beale

Web site and Members' Forum:

www.sherwoodcc.org.uk

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CLUB RUNS

Sunday meet at Lowdham War Memorial at 9.45 a.m. Note that from 7 April these runs will be 9.15 a.m. start time. Follow this [link](#) for the location of the start point for all Club Runs. Please be prompt.

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).

Sunday runs are about 40 miles from and back to Lowdham and include a café stop. We now have two groups to cater for any who want an easier ride.

On Wednesdays, we usually have three or four different groups. The medium group includes a café 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 café stops are decided on the day. There is also usually a small "ultra easy" group meeting for an easier ride and leaving at 9.30 a.m. from the car park by East Bridgford, though you can meet at Lowdham first.

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.

The Women's Rides have been suspended for the time being, but women are welcome on any of our rides and we have a range to suit different abilities.

CLUB MEMBERSHIP

There are now 94 paid-up members - with some yet to renew! Membership Fees for the Club are for the **calendar year** and so are now due for renewal and a form has already been sent to all. It is also available through the Club [Website](#). You can join through the British Cycling [Website](#) (£1 fee) or contact [Howard Clark](#) for help.

If you first joined during 2018 your membership lasts until the end of 2019.

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 April (27 May is a Bank Holiday - no meeting).

CLUB DINNER 2 MARCH 2019

The Club Dinner was attended by 42 members and friends at the Mapperley Golf Club who enjoyed a three course carvery followed by the prize presentation, a raffle and a quiz.

Thanks to Paul and Sue Wilson for organising the dinner again. Next year we intend to use the same venue but hold the function in February.

The prize winners were:

Chris Draper: Albert Sharp Shield for Club 25-mile Champion, Judge Trophy for Club 50-mile Champion, Acorn Trophy winner 64 points, Winner Oxtan Bank Hilly 54:37, Veterans BAR on both actual time 26.021 mph and Vets' Standard Times +26:05.

Giles White: John Watson Memorial Trophy for Club 10-mile Champion 23:08, Senior Evening Tens League 60 points, Bert Morris Trophy for the Short Distance Best All Rounder (BAR) 26.622 mph, Winner 6th Circuit TT 48:09.

Tom Foreman: Winner 1st Circuit TT 50:16

Gisli Jenkins: Winner 3rd Circuit TT 50:00, 4th Circuit TT 48:45

Mike Hankin: Winner 5th Circuit TT 49:15

Paul Jones: Winner on handicap 3rd Circuit TT and 5th Circuit TT

Howard Clark: Winner on handicap 4th Circuit TT and 6th Circuit TT

Gary Kondor: Winner on handicap Oxtan Bank Hilly

Karen Day: Ladies' Tens League 54 points.

Llew Hancock: Halford Handicap Trophy.

Dave Trevor: Millennium Trophy for Tens League on handicap 43 points.

Luke Mitchell: Junior Evening Tens winner and the Geoff Hallam New World Trophy for Most Promising Junior.

Dave Woodward: Orford Spencer Trophy for Clubman of the Year.

CAFE NEWS

There is a new cafe at Claypole called The Side House and is open 7 days a week featured in the [Newark Advertiser](#). Members report it is a good venue with space for about 25 people at reasonable prices. If you approach Claypole from Dry Doddington turn left on Main Street and it is on your left attached to the Village Hall.

If you come across a new venue or have any cafe news we have a section for posting on our [website](#).

AIR AMBULANCE

The Air Ambulance is funded by donation and the Club will be shortly making a donation of £200 to this worthwhile cause.

CLUB RACING

The 2019 Calendar is on the [Website](#) and there are forthcoming 20-mile Circuit time trials based on 2 laps of this [course](#). The events start at 9.00 a.m. from the large lay-by on the A6097 0.6 miles north of Oxton Island on Sundays 31 March, 14 April, 5 and 12 May. The finish is at the same lay-by so, if going by car you can park in the adjacent off road car park.

With snow, rain, strong winds the first of these events scheduled for 10 March had to be cancelled on safety grounds. The second event on **24 March** was much better with sunshine, albeit chilly and before the wind got up.

Eight Club member rode with Tom Foreman winning by four minutes from newly joined Jez Willows and Gary Kondor another 3 minutes slower. Good to see Chris Pearson back racing after some years.

Many of our riders are yet to find their "racing legs" early in the season.

A private trial by Joe Perkins at over 28 mph and a course record showed just what is possible on this course!

Name	Lap 1	Lap 2	Total Time	Acorn Points
Tom Foreman	23:46	24:25	48:11	6
Jez Willows	25:29	26:46	52:15	5
Gary Kondor	27:23	27:52	55:15	4
Chris Pearson	28:39	30:05	58:44	3
Paul Ward	29:04	30:33	59:37	2
Craig Watson	31:18	31:45	1:03:03	1
Howard Clarke	34:08	36:22	1:10:30	1
Roger Widdowson	35:22	37:45	1:13:07	1
Joe Perkins	21:14	21:18	42:32	PT

Thanks to Kevin Humphreys for timing and officiating.

Evening tens start from the same lay-by every Tuesday from 2 April with the first three events starting at 6.45 p.m. and 7.00 p.m. from 23 April. The course can be found [here](#) and as the finish is south of Oxton Island it is best if cars are parked near the finish - there are a couple of lay-bys on the Epperstone Road leading back to Oxton Village.

If riding to the start you can leave any kit in my car boot and it will be at the finish.

Entries and signing on is before the start and now costs £4 (£3 of this is for the CTT levy) and, if you intend riding regularly, you can pay in advance for a Season Ticket at £50 to cover all the tens and the remaining Sunday events.

Get to the start early enough to allow time for paying, signing on and affixing your number particularly if you want an early starting position.

Above all ride carefully, watching out for traffic and poor road surfaces. You must ride alone and not take shelter from other riders. If you get caught you must drop back away from the other rider. For your own safety it is advisable to wear a helmet and a flashing rear light will make you more visible. At the finish please shout your number to help the timekeeper. If riding home remember that you may need your lights.

If the weather is bad resulting in poor visibility (heavy rain, fog, spray) the event may be cancelled. Evening Tens are particularly at risk of cancellation when daylight is fading.

ACORN NEWS

Remember the Acorn News is for the benefit of members, so if you want to pass on information or give news to members, you can write something for the newsletter - not everyone uses the Forum or the website!

CLUB KIT by John Church

Pricing & Orders

The exclusive Club member rebate is now back to 20%.

Choose from the existing Club design or there's also a new training jersey and a TT design, all now on the ImpSport website. Take your pick. The latest delivery has just arrived and you'll be seeing the new range and designs on the road very soon.

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 **20% as an exclusive Club member rebate**.

The ImpSport Range

To see the Club ImpSport website page go to <http://www.yourclubshop.co.uk> and login using the code SHWDCC1304. The new Tiered range comes in 3 garment types:

***T1 Collection** - Premium quality, comfortable fit.*

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

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

Existing Stock - Club Kit

There's still some stock at bargain prices and also some of the new kit too:

			Size	No. Available	Unit Price
Leisure	T- Shirts blue	XL	42" chest	3	£1.00
	Sweatshirts	XL	42" chest	2	£1.00
ProVision	Bib Tights - no pad	1 S	30" waist	1	£10.00
	Bib Tights - no pad	3 M	32" 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	T1 S/S Road Jersey	M	38" chest	1	£41.28
BC Registered	T1 S/S Road Jersey	S	36" chest	1	£41.28
BC Registered	T1 S/S Road Jersey	XL	42" chest	1	£41.28
Training	T1 S/S Road Jersey	M	38" chest	1	£41.28
Training	T1 S/S Road Jersey	XL	42" chest	1	£41.28

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 a viewing, 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

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