

Acorn Newsletter

March 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.

CLUB MEMBERSHIP

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 through the Club [Website](#).

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

CLUB DINNER 2 MARCH 2019

The Club Dinner is at Mapperley Golf Club on Saturday 2 March 2019 .
<http://www.mapperleygolfclub.org/map-and-directions> 7 p.m. for 7.30 p.m.

Dress code is informal - smart casual or suit and tie - whatever you are comfortable with.

Organiser is Paul Wilson, 19 Lascelles Avenue, Gedling, Nottm. NG4 4GB e-mail paulsuewilson@gmail.com telephone 0778 8976488.

CLUB RACING

The 2019 Calendar is on the [Website](#) and the season kicks off with the 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 10, 24 and 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.

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.

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 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.

AIR AMBULANCE

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

MORE PAST MEMORIES -1967

Back in 1967 Sherwood Cycling Club was very active despite only having around 50 members. Of those members around 30 were racing and Derrick Arnold did a vast amount of admin. work - he was Secretary (including Treasurer and Membership), Social Secretary (organising the Club dinner) as well as timekeeping. Over the years he also organised many Open Time Trials and Road Races. As one of the few car owners at the time, Derrick also took riders to distant road races. During the year the Club organised five Open Time Trials (including the 100) and two road races. On top of the Evening Tens we also had 17 club events including 4 at 50 miles and the 75-mile Nottingham-Skegness.

Our fast men included Dave Riddell who twice broke the Club 25-mile record bringing it down to 57:48 - no aero kit then, steel frames and toe clips! Pat Gutteridge broke the 100 record with 4:21:12 in the Newark Castle event. Junior Mick Brown was regularly placed in Junior time trials with his fast pedalling style under the guidance of Jim Hollands. Veteran Joe Baines was regularly picking up prizes in Vet's events and beating many younger riders. You could identify Joe from afar if you saw him out on his bike - his style was so smooth. He was a stylist on the bike as well - in early season events, when he was not being too serious he often rode wearing a neat shirt, tie and sweater!

In road racing we had many good riders. Pat Gutteridge, Colin Riddell (Dave's brother) and Bob Bright won the team prize in the Mannin Veg road race on the Isle of Man. Pat and Colin also had First Category Race Licences. Others regularly getting wins or placings in Road Races were Dave Minion (George's elder brother). Tony Jarrow, Paul Gutteridge (Pat's brother), Rob Ward (my brother) - a lot of brothers! I rode a lot of Road Races but couldn't get in the top 6 that year - a poor sprinter.

I was doing a Sandwich Degree in Electrical Engineering at that time involving 6 months in the winter at College and 6 months in the summer work experience and courses. I had a 3-month course at Derby Tech (now Uni. of Derby) early summer and I cycled there and back every day from West Bridgford, where I then lived. This meant 200 miles a week commuting with a steady ride out on the back roads and a blast home on the A52. This wasn't all my riding as I either went out training or rode a 10/25 in the evening, as well as racing on Sundays (hardly any racing on Saturdays in those days). This meant I was doing at least 400 miles a week for 3 months.

In July I did a pb for a 100 in the ANDCC event that incorporated the Club Championship. Only 5 members rode and 2 of us finished, (Pat Gutteridge wasn't riding) my 4:36 gave me the Championship, but quite a bit away from Ron Hallam's 4:10 that won the event. The next week it was the Sherwood 100 and I knocked a few second off for a 4:35.

I didn't race for a few weeks (I probably went on a Youth Hostel touring holiday) then rode a Club 25 with a then pb of 1:03 on the day Dave Riddell broke the Club Record.

The next week was the big event, my first 12 hour time trial in the Broad Oak event. I was off number 9 at 5:09 a.m. so it meant getting up at 3 a.m. and riding out to the start. The wind was howling and it was dark, so I had my lights on and carrying stuff in a big saddlebag. I still remember riding past a filling station hearing a "Castrol" sign spinning in the wind. I rode to the HQ the Cranmer Arms in Aslockton to leave my bag and lights and then back to the start on the A52 near Granby Lane. The first leg was back to West Bridgford to do a U-turn outside the Trent Bridge Inn!

I though I'd better take it easy on this first section into the wind, but to my surprise I caught my minute man at Bingham, then my 2-minute man just after Saxondale Island. By the turn I had caught 7 riders and only one remained in front. I had arranged before hand for Alan Dowlman and his wife Dawn to hand up food and drink to me after about 80 miles - such helpful Club Members doing a really hard job.

A bit later I found that one of my toe clips had become loose and stopped to tighten the nuts and bolts with my fingers. Of course, it didn't last so I let Alan know and Jim Hollands was out near Foston, he got to know and so I stopped again and he fixed it properly.

I kept on riding with a new level of suffering but determined to get round. After about 200 miles I got to the finishing circuit - about 12 miles around Thoroton, Sibthorpe and Scarrington with a time keeper every 2 miles. My 12 hours were passed and I reached Derrick Arnold's timing point - distances are calculated from the time just before 12 hours and the one just after. I ended up with 236.73 miles compared with the 263.75 of the event winner Pete Crofts. It was a hard day!

In November the Club Dinner was at the Odeon (now gone) with tickets at 25s (£1.25)!

I was, of course, taking Club Runs in those days (winter only, we raced in the summer). These were all day affairs and we used to go off-road as well e.g. 19 November Wolfcote Dale, Lunch Hartington, Tea at Ashbourne, 25 November Lunch at Great Casterton, Tea at Croxton Kerrial. This meant the last 25-30 miles would be in the dark.

How things have changed!

CLUB KIT by John Church

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

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.*

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.

Existing Stock - Club Kit There's still some current stock at bargain prices:

		Size		No. Available
Leisure £1 each item	T- Shirts blue	XL	42" chest	5
	Sweatshirts	XL	42" chest	3
Pro Vision £10 each item	Bib Tights - no pad	1 S	30" waist	1
	Bib Tights - no pad	3 M	32" waist	1
ImpSport £30	Bib Shorts	M	32" waist	1

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.

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