

Acorn Newsletter December 2018



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 the later start time for the winter months. 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 cafe 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 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 "elite easy" (named by Terry) group meeting for an easier 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.

After my mention last month about being tolerant with other road users, I was recently stopped on a ride in Whatton by a woman in a car who wanted to thank Sherwood riders whom, she had observed, were always considerate when passing horses. It is good to get some positive feedback, so keep up the good work and keep wearing your easily recognised Club kit.

BOXING DAY 10

Our annual festive time trial starts on Wednesday 26 December from the lay-by north of Oxtan Island at 10.30 a.m. Entries are on the line (£3) and the course is our usual [Club Ten Course](#). This is an event just for "fun", you can race round or just go for a ride round the course (in fancy dress, if you like). Obviously the weather can be very cold so dress accordingly. If you have never ridden a time trial before it is a good chance to come and see what it is all about without worrying about your time.

WOMEN'S RIDE SATURDAY 3 NOVEMBER 2018

There were just four on this 30-mile ride to Dove Cottage. It has been decided not to have these monthly rides in December and January to avoid the busy Festive period. There are always the weekly easy Saturday rides if needed

CHRISTMAS SOCIAL - SUE REVILL

Date for your diary Saturday 8th December, 12.30 pm, The Old Ship Inn, Lowdham Main Street (pub next to the CO-OP). Come rain or shine the fuddle will be going ahead, with a hot pot lunch (sausage casserole/ or a veggie alternative), followed by mince pies/cake. This will be free to members, and half price for member spouses /partners, (£3). Non-members £6.

To confirm numbers for food please let me know with a **forum post or Facebook** confirmation (see club Facebook events) **before 30 November** .

NB there is plenty of cycle storage at the back of the pub including a lock up if required. Also large car park. Please support this new initiative and much needed club social.

ANNUAL GENERAL MEETING TUESDAY 11 DECEMBER 2018

The AGM is on Tuesday 11 December 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.

At this meeting Club officials will be elected and new volunteers are always welcome. Fees for Club TTs and Membership will also be decided. Subject to time, discussion on any other business is allowed at the Chairman's discretion. Any proposals for Rule changes must have been put forward in advance so that the membership has prior knowledge.

OPEN TIME TRIALS FOR 2019

Roger Widdowson and Steve Littlewood are jointly organising two events next year. There will be a 10-mile TT on Saturday 6 July on the Long Bennington course (A10/14) and a 25-mile TT on Saturday 17 August based at Farndon using the A46 (A25/34). Helpers from the Club will be needed on the day.

CLUB DINNER 2 MARCH 2019

The Club Dinner will again be at Mapperley Golf Club on Saturday 2 March 2019 . <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

50 YEARS AGO

Tony Jarrow (a past member) sent some interesting photos. This one was before the start of the first Club 25 of the season in March 1968. The Acorn News reported it "Gale force winds and showers of rain made riding conditions far from ideal...Dave Riddell's time of 1.8.16 was an excellent effort and although some 11 minutes slower than his best was good enough to win by 1 min. 38 secs from Tony Jarrow. In third place was Pat Gutteridge in 1.10.16"



The photo shows, from the right, a fit looking Dave Riddell, then Dave Minion (George's brother), the back of Pat Gutteridge then Pip Brooks, in the red tights (1.29.03) and Tony Renwick with glasses(1.21.39). I can be seen in the background just to Tony's right talking to Bob Bright (in a blue jersey). I did 1.13.45 (for 7th out of the 12 riders - my time was, I think, the slowest I've ever done and I'm sure the same applied to most of the field.

The start of the course was on the Burton Road in Gedling, on the left is Carlton le Willows school (as it was then called). It went to Lowdham and Oxton before doing a U-turn at Oxton Grange Farm. Back to Lowdham for a left turn to Thurgarton for another U-turn and back to finish near the end of Stoke Lane.

Note the Club Jersey design then, There was no printing of designs then, and the jerseys were stitched together from separate pieces of material, the lettering was embroidered. This meant a very high cost of manufacture and the design didn't last very long.



During the winter Jim Hollands had us training on Sundays with various rides and fines for being outside his targets. The left picture shows (L to R) Jim, Paul Gutteridge, me (I couldn't identify me at first!), Pat Gutteridge and Colin Riddell. The right picture shows Pat and I leading a small group with Dave Gretton and Paul behind and Colin on the back.

CLUB KIT by John Church

Pricing & Orders

As you already know, from the previous Acorn Newsletter, **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.

The New ImpSport Range

To see the Club ImpSport website page go to <http://www.yourclubshop.co.uk> and login 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.

Choose from the existing Club design or there's also a new training jersey design as you'll have seen announced in a recent email and also now on the ImpSport website. Take your pick.

The Price Window For The Bulk Order Is Now Closed

So 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.

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
ProVision £10 each item	Bib Tights with 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	1
	Sleeveless Summer Jersey	6 XXL	44" chest	1
	Atom Rain/Wind Jacket	3 M	38" chest	1
ImpSport £30 or less each item	Bib Shorts	M	32" waist	3

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.

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