

Acorn Newsletter

June 2021



Sherwood Cycling Club

President: Mr Frank Beale

Web site and Members' Forum:

www.sherwoodcc.org.uk

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CLUB RUNS

All Club rides meet at Lowdham War Memorial on three days per week. To cater for the less fit and for those easing back or getting into cycling I've started have a group doing shorter and easier rides. We haven't had a café stop yet but have a little break if it is a nice day.



Left shows a little break at Fiskerton and on a hot sunny day enjoying the shade of a tree near Orston

Weds - meet 9.15a.m. - 35 to 40 miles or 9.55 a.m. – 20 to 25 miles.

Saturday - meet 9.55 a.m. - 30 to 35 miles or 9.55 a.m. – 20 to 25 miles.

Sunday - meet 9.15 a.m. - 35 to 40 miles or 9.55 a.m. – 20 to 25 miles.

Pictured right is one of the faster Saturday morning groups briefly stopped by Belvoir Castle.

Most cafes have now re-opened allowing café stops both indoors and out. Face coverings, hand washing and caution should be practiced. Easing doesn't mean the virus has gone away!

You must stick to the Rule of 6 before and after the start and at any intermediate stops.



Many of us are now fully vaccinated (mainly the older ones!) but any vaccination is not 100% effective and new variants of the virus do appear and things could change.

RACING NEWS

Gary Kondor did 1:29:17 in the Leics RC 27-mile Hilly Time Trial where, as the photo shows, it was for road bikes only i.e. no TT bikes.

Sherwood was well represented in the VTTA 25 on 15 May with Jez Willows doing 55:34, Kevin Wood 56:24, Richard Turner 1:0:25, Roger Widdowson 1:0:49 (personal best after many years!), Kev Humphreys 1:0:53, Jo Corbett 1:3:21 and Gary Kondor 1:3:25.



In Veterans' events rides are also judged on "Standard Times" related to the age of a rider, with separate standard times for men and women. For a 25-mile time trial a 40-year old man has a standard time of 1:6:20 and each year the time increases up to 1:52:48 for a 99-year old. The corresponding times for a woman are 1:12:12 up to 2:4:45. If your actual time is faster than your standard time you get a "plus" if slower a "minus". Of course, different Standard Times apply for different distances.

In this event Jez 13:33 faster than his standard time to score +13:33 which is a very good high score. However, Jo eclipsed this with +15:52 to finish 10th best in the whole field of around 100 competitors a measure of how good her ride was. She was also the third fastest woman on actual time only beaten by two much younger women.

EVENING TENS LEAGUE

Jez Willows is still leading the Men's fastest League ahead of Ben Wood

Dave Trevor still leads in the League based on Handicap Time but Howard Clark is close behind.

We also have separate points now for riders on Road Bikes as opposed to special Time Trial Bikes and Dave is leading this with Simon Cooper second.

Jo Corbett is still leading the Ladies' League and it is good to see Elaine Simpson having a go.

Thanks to Dave Woodward, Trev Adams and Craig Watson for running these events. All the riders appreciate the

	4 May	11 May	18 May	25 May	S	H	RB
Jez Willows	24:20	23:14	22:55	23:12	40	10	0
Giles White			23:21	23:42	15	3	0
Kevin Wood		24:26	23:32		22	8	0
Ben Wood		24:53			12	3	0
Simon Cooper		25:32		25:31	8	3	24
Llew Hancock		24:38	24:01	24:11	16	15	0
Richard Turner		25:15	24:43	25:11	11	9	0
Roger Widdowson	26:37	25:32	24:58	25:51	11	17	0
Kevin Humphreys	27:51	25:50			6	3	0
Paul Jones					2	4	0
Gary Kondor		28:13	26:27	26:16	5	9	5
Barry Hamlin					2	1	0
Sam Cooke					1	0	0
Les Rutherford					1	0	5
Mark Aleksy					2	1	9
David Trevor	30:48	29:46	28:45	29:02	9	30	35
Paul Wilson					1	0	2
Howard Clark	34:47	33:44	32:40	32:13	8	29	0
Mike Hankin		24:07	24:01		8	2	0
Ladies							
Jo Corbett		26:26	26:07	26:32	36	5	
Elaine Simpson			28:46	28:48	10	1	
Private trials							
Tom Foreman				21:28			
James Byatt			23:07	23:08			
Alex Hardy		23:33	23:33	23:43			
Keith Palmer			22:19	22:56			
Sam Murcott	30:19						
Chris Kaye			25:44	26:00			
Jonjo Allsopp				26:39			
Shawn Gough				22:11			

opportunity to take part.

CAFÉ UPDATE

Another new café stop is Hill Top Farm Shop at Welby. Thanks to Phil Gard for the information – he seems to be the master at finding cafes! As well as a farm shop and it has an indoor and outdoor cafe. Lots of outdoor tables, good selection of cakes, sausage/bacon butties and efficient service. It is off the A606 Melton road south of Ab Kettleby.

A route for cycling from Ab Kettleby to the café is shown [here](#) and one from Long Clawson [here](#). In the latter route the last bit from the A606 is a no through road but you can get through on a bike. Trev has taken a group that way and he says you just have to dismount for a few yards at the start and the rest of the road is fine.

There is also a section on the Club Website where any member can post or read the latest [Café News](#).

BENEFITS OF CYCLING



I think we all know cycling has benefits and this sums them up nicely.

Thanks to Dave Walker Cartoons.

GARMIN AND STRAVA GROUPS

The Club has groups on both [Garmin Connect](#) and [Strava](#) so you can join these as you wish.

The Garmin Group has provision for listing various courses that members have added. You can add these courses to your device and then follow the route when out for a ride. You can also add routes of your own so that others may also follow your route.

You can also select rides that others have done from Strava.

Remember to hide your home from view using the privacy options.

CLUB SUBS

Apart from those new members in 2020 whose membership lasts until the end of 2021 Club Subs were due in the New Year, see [Join us | website \(sherwoodcc.org.uk\)](http://www.sherwoodcc.org.uk)

The easiest way to join is via the British Cycling website or you can send a cheque to Howard. It is possible to do an on-line Bank Transfer - just ask Howard (or me) for details.

Many members from last year have now paid their subs recently. £15 is a paltry sum for an annual membership, but if you haven't paid please do so now!

CLUB KIT UPDATE

Login on the ImpSport website - <http://www.yourclubshop.co.uk> with Club code **SHWDCC1304**. Available in Registered Club, Training or TT designs:

Fabric type T1 - Premium quality, comfortable fit

Fabric type T2 - Race fit, specialist fabric, speed gains

Fabric type T3 - Race fit, state of the art fabric technology

Buy online from ImpSport and it'll be delivered directly to you. Then email a copy of your invoice to me and you'll be sent a Club cheque for **20% of the invoice value as your Club member rebate**.

Back to Cycling Stock			Size	No.	Unit Price
ProVision	Bib Tights - no pad	1 S	30" 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	Sportif S/S Road Jersey	S	Ladies	1	£33.60
BC Registered	Winter Jacket Mens Full Zip	S	36" chest	1	£90.72
Training	Gilet Windproof	S	36" chest	1	£46.56
Training	T1 S/S Road Jersey	M	38" chest	1	£41.28

ImpSport Size Guide - for the regular Club Jersey and T1, if you're an M&S L take an L at ImpSport. For a more comfortable fit, size up 1 size in T1 or size up 2 sizes for T2 and T3, unless you like a race fit.

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ACORN NEWS

I would like to see more members contributing to the Acorn News. Do you have any news, found a new café, tried some new equipment, ridden somewhere interesting? Write something and I will publish it to let others know.

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