August 2009.

Monthly Newsletter

Club Contact details:

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Website:

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Email:

ecretary@nottinghamclarion.co.uk

Regular Club events:

Club rides:

Saturday:
Meet at the Lime Kiln in Colsten Bassett at 10am, meeting from 9.45. The route can be found on Forum.

Sunday:
Irregular rides from the Lime Kiln. Meeting at 10am, check the forum first!

Wednesday:
Junior Go Ride sessions. Meeting at the National Water sports centre at Holme Pierpont, Lady Bay, Nottingham. Meet at **7pm** in the car park by the Kayak/Canoe water course.

Second Monday of every month.
Club night at the Park Yacht Club. Trent Lane South, Nottingham NG2 4DS. From 7pm Come and have something to eat and have a chat. This is also committee night.

Upcoming Events:

- National Clarion 25 mile TT (Organised by Nottingham Clarion) A25/2 16th August followed by club BBQ
- Evening 10 'Bob in the Hat' on the Lime Kiln course 20th August
- National Clarion Track Championships, Manchester 22nd August.

Racing News

As August draws to an end, here is a round up of the some of the recent results of club riders in TTs over the last few weeks. As always more details can be found on the forum www.nottinghamclarion.co.uk/forum or the CTT website www.cyclingtimetrials.org.uk

Open TTs June –August 2009.

Sherwood 25 TT 13/6/09
1. R O'Roucke 50.27

J Swann 55.23
T Fahy 57.35
D Smith (Sleaford W) 58.10
G Henshaw (Long Eaton) 1.11.09

Hinckley CRC 10 27/6/09
1. A McChesney 21.24

D Foot 25.03
F Grafton 25.51

CDLCA 25 27/6/09
1. M Bottrill 48.05

J Swann 53.28 **PB**
T Fahy 55.32
S Lea 56.46 **PB**

Matlock 25 TT 28/6/09
1. Peter Colledge 56.04

A Woolf 57.32

Matlock 10 (8.6 mile) 30/6/09
1. R Cordin 18.38

A Woolf 18.46

Nottingham Clarion Open 10 5/7/09
1. M Sinclair 21.08

J Swann 22.40
T Fahy 23.59
G Harris 24.13
S Lea 24.19 cont./...
M McCartney 24.29
J Webb 26.30
F Grafton 26.39

Sherwood 10 25/7/09
1. M Sinclair 19.37
S Lea 22.47
G Henshaw (Long Eaton) 27.19

VC Chesterfield 18/7/09
1. S Roe 21.42
F Grafton 25.24
D Foot 25.29
G Baker 28.51

BDCA 50 10/8/09
1. ?
J Swann 1.49.35 PB
P Hurst 1:54:15
T Fahy 2:03:19

Tour of the Vale Club 25 TT

For the rather large 'Tour of the Vale' trophy

After problems with bickering on the forum, rain, road closures and traffic lights the event was postponed and finally run on the 4th August.

Results were:
1. Jason Swann 1-03-08
2. Tim Fahy 1-05-33
3. Stuart Pryce 1-05-34
4. Stewart Gregory 1-06-42
5. Kyle Burleigh 1-08-11
6. Mike Jones DNF (puncture)
Tandem Phil/Linda 1-05-21

A sub par ride from Mr. Swann (his words) leads him to the accolade of being the club 25 mile champion.

A word…

Welcome to the summer issue of our monthly magazine. Hopefully you are having a good (or if not good, enjoyable) season racing, getting out on the Sportive trail or perhaps just getting out on the bike.

Many members have been far and wide and therefore I hope to catch up with you to pass on your experiences after the summer.

Others have achieved PBs this year and really pushed on and I will try to track these people down to let us into the secret of their success (although deep down inside I suspect we know the solution).

I have been a little self indulgent on the gear front and you can find out how I managed to fund a new bike with very little outlay at all!

Lastly now I'm on holiday work won't get in the way and you can pretty much guarantee the next issue will appear before November!!

All the Best….Gary

Recent results are always available on the Forum, but this year we will try to keep you up to date with as many results as it is possible to cover. If you don't make the national press there is the likelihood you will be mentioned here.

The Evening 10 Results Table.

Here is the most up to date results table for those who have completed 5 rides. Apologies that not all could be included here, but space and my IT skills preclude all being on the same page! All riders will appear in the next issue. Further details can be found at: http://nottinghamclarioncc.sports.officelive.com/Eve10overall.aspx

Date	09/04/2009	16/04/2009	23/04/2009	30/04/2009	07/05/2009	14/05/2009	21/05/2009	28/05/2009	04/06/2009	11/06/2009	18/06/2009	25/06/2009	02/07/2009	09/07/2009	16/07/2009	23/07/2009	30/07/2009	06/08/2009	Best 5 Rides		
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Total	Average	Position
Jason Swann	23:21			23:13	22:32		23:00	22:45			22:23		22:38	22:29			22:23		01:52:25	22:29	1
Andy Woolf									22:26	22:25	22:30	22:38	22:32	22:42	23:29	22:41	24:13:00		01:52:31	22:30	2
Phil Hurst										24:06:00	23:39	23:33	23:02	23:18	23:17		23:17		01:56:27	23:17	3
Tim Fahy	25:07:00		24:19:00			25:51:00	23:42	23:34	23:31	24:00:00	24:12:00	23:51	23:43	23:56					01:58:21	23:40	4
Gary Harris				24:58:00		24:50:00		24:12:00	24:01:00	24:13:00			24:12:00	24:25:00					02:01:03	24:13:00	5
Samantha Lea			25:00:00		25:01:00			24:21:00	24:08:00				24:17:00			24:21:00	24:43:00		02:01:50	24:22:00	6
Mark McCartney							26:18:00	25:43:00	25:34:00	25:17:00	24:37:00	24:27:00	24:16:00	24:27:00		24:10:00			02:01:57	24:23:00	7
Stuart Waller								24:24:00	24:33:00		24:52:00	24:18:00	24:28:00	24:38:00			24:34:00		02:02:17	24:27:00	8
Stuart Pryce	24:46:00	24:57:00								24:55:00		24:14:00						23:37	02:02:29	24:30:00	9
John Odell			24:49:00		25:00:00		24:28:00		24:48:00	24:48:00									02:03:53	24:47:00	10
Matthew Elliott		26:37:00	25:14:00		25:25:00	24:49:00				24:35:00				24:36:00					02:04:39	24:56:00	11
Kyle Burleigh	25:50:00		25:11:00	25:40:00		25:54:00	25:40:00		24:54:00				25:55:00	25:55:00	25:40:00				02:07:05	25:25:00	12
Steve Armstrong			27:42:00	26:54:00	27:10:00	27:33:00	26:00:00	25:52:00		26:17:00	25:45:00	25:37:00	25:12:00			25:26:00	25:07:00	25:50:00	02:07:07	25:25:00	13
Francis Grafton			27:46:00		27:31:00			27:36:00		26:55:00		26:00:00	25:36:00	25:31:00		25:08:00		25:02:00	02:07:17	25:27:00	14
Jonathan Webb	27:34:00	27:33:00	26:26:00			29:50:00	26:24:00		25:46:00	25:44:00	25:41:00	25:22:00	25:23:00			25:40:00	25:44:00		02:07:50	25:34:00	15
Mike Jones				25:54:00		25:58:00	26:13:00	25:29:00	25:52:00	25:55:00	25:46:00	25:18:00			25:42:00	25:44:00	25:58:00	26:04:00	02:07:59	25:36:00	16
Greg McCullum	25:36:00	26:10:00							24:59:00				25:46:00	26:28:00					02:08:59	25:48:00	17
Michael Campbell		28:49:00	27:51:00				26:46:00		26:41:00			26:59:00			27:06:00	27:07:00	26:31:00	27:14:00	02:14:03	26:49:00	18
Darren Kerry		28:01:00	27:41:00	27:28:00	27:18:00		26:33:00		27:07:00	26:41:00		26:45:00							02:14:24	26:53:00	19
David Erentz		29:44:00			28:47:00	28:56:00	27:55:00	27:40:00		27:30:00	27:07:00	27:10:00		27:25:00					02:16:52	27:22:00	20
Simon Hall		29:30:00	28:28:00	28:05:00	28:02:00				27:58:00	28:10:00	27:35:00	27:25:00			28:21:00	27:20:00	27:51:00		02:18:09	27:38:00	21
Karl Bird						30:56:00	28:50:00	28:25:00	28:37:00				28:31:00	28:46:00					02:23:09	28:38:00	22
Gordon Baker			30:16:00		28:33:00		28:31:00	30:02:00	29:40:00	28:45:00				29:04:00		28:37:00			02:23:30	28:42:00	23
Richard Ellis					32:48:00	34:03:00		30:10:00	31:10:00	31:00:00	30:52:00						31:11:00		02:34:23	30:53:00	24
Gabriel Bird						32:57:00	31:49:00	30:23:00	31:04:00		31:59:00			31:08:00				31:40:00	02:36:14	31:15:00	25
Joe McCartney							31:16:00	31:33:00		31:45:00	31:30:00	31:02:00		31:48:00		32:08:00			02:37:06	31:25:00	26
Zak Bell			38:02:00	37:37:00	35:14:00		32:30:00		32:30:00	34:56:00	32:42:00			33:58:00				31:12:00	02:42:52	32:34:00	27

New Gear!

In a column that will appear probably more often than expected, new gear is showcased by club members in the wealthy, gullible or just insane category!

This month the spotlight falls on Gary as he shares his addiction.

Cannondale Capo

I've just bought myself a Single speed/Fixed bike through the Government's 'Ride to Work scheme' (more about this in the side bar). As I had set a (limited) budget and wanted to get something I could ride on the road and use on the track there are surprisingly few complete bikes in this category/price range. What helped in choosing the Capo was they had a bike at TFN in Beeston that I could try! Another local bike shop seemed very busy and weren't able to accommodate my needs this side of 2010, so without scouring t'internet it seemed the obvious choice for a Cannondale fan. As with all Cannondale's the frame is the thing. Inevitably I will be looking for some wheels (not sure about the white even on the road) and a couple of other bits will need changing. But it's what I'll be riding to Mansfield over the winter and the Medium Gear in February!

The spec:

Frame: Cannondale CAAD 5 Track: Aluminium - 54cm with sloping top-tube (bigger sizes are flat). Geometry is very similar to Dolan Aluminium Track Frame
Fork: Cannondale Slice Ultra.
Seatpost: Cannondale.
Chainset: Truvativ 5D 1.0, 42T, white powdercoated
Bars: Control Tech Grande Compact 31.8mm
Stem: Cannondale C4.
Brakes: Tektro R520.(Not sure I'll need both. Rear cable attached by cable tie to frame!)
Saddle: Selle San Marco Ponza Lux
Wheels: Jalco GX460, 700c, 32h, white powdercoat rims with DT Swiss Champion black, black Nipples and Formula Track Flip-Flop.

A bit bling for me at the moment, I'm sure I'll be able tone it down a bit…. But I'm looking forward to getting out on the road…..just need to find some white SIDI shoes to top of the look……..

What is Ride to Work?

I managed to buy my bike through this scheme reducing the cost through reduction in NI contributions, VAT free and effectively an interest free loan over 12 months and then pay back 5% at the end of the year. The scheme operated by Notts County Council is run by Cyclescheme (www.cyclescheme.co.uk). The details here are taken from their site. Your employer may have another provider.

Who can get a bike?

Employees paying PAYE, who have a contract that outlasts the duration of the salary sacrifice period are eligible, provided they are over 18 years old, earn more than the National Minimum Wage after the loan repayment has been deducted, and have completed the employer's probationary period (if applicable).

What is salary sacrifice and how are dravings made?

With a salary sacrifice you pay back the loan on your bike, accessories and safety equipment from gross rather than net pay for the hire period (usually 12 months), allowing you to benefit from income tax and NI relief. See http://www.hmrc.gov.uk/specialist/salary_sacrifice.pdf for a more detailed explanation.

How much can I save?

Typical savings are between 30% and 50%., but the actual amount you pay depends on your personal tax band, and the way your company runs the scheme. Higher rate taxpayers will save more, employees whose company cannot reclaim VAT (the NHS, for example) will save less. If the employer uses external finance (ie your employer borrows the money to buy the bikes from an outside agent) then savings are normally about 5% lower. Finally, the fair market value payment needs to be taken into account when calculating the total savings.

Can I get any bike?

You can choose any bike, including electric and folding bikes, providing your chosen Cyclescheme partner can supply it. Some bike shops may add an administration fee to quotes for custom bikes, because the profit margins are lower than those available on standard, mass-produced models. If your employer wants to supply bikes costing over £1000 (retail price including VAT) then they will need a Consumer Credit Licence, and this costs £725, so many employers limit the package value to £1000.

Another ascent of Ventoux!!!

Although no one this year took up the challenge to take part in the Etape, Jason, Stuart and Darren and members of the WTF team decided that they might be up to the task of riding Mt Ventoux the day before the tour went up. There account from the forum is reproduced here for your amusement.

Friday was pure pain in the morning followed by pure pleasure in the afternoon. It was so hot with the car temp gauge reading 43 degress when we set off from Mezan.
We climbed the TDF race route from Bedoin upto the top of Ventoux, very tough but satifying to get to the top. All 4 of us met at the top and descended down to the Tommy Simpson memorial together.
We all agreed that it wasn't a surprise that he died as it was so hard, how they race up it at that speed I'll never know.
I'm not surprised some of them take drugs, I would of done if I could of got some 😃
The descent along the Nesque gorge was amazing and probably the best ride I've had on a bike. It wasn't planned either which made it more of a surprise.

Saturday We rode up Ventoux from Sault, a much easier climb but not easy. As you got higher there seem to be more parked car, camper vans and people all making their way to the race route at Chalet Reynard.
All 4 of us congregated just above Chalet Reynard for a sandwich and to take in the atmosphere.
Myself and Darren decided to ride a bit further up the mountain to see how far we could get to the finish. This was eventfull in itself thanks to the gendarme making us get off and walk every 50 meters.
We also managed to get involved in a wrestling match with other spectators at one of the promo caravans, who were giving out polka dot t shirts. We both managed to get one each and then proceeded to climb up to the top.
Each corner seem to have a different nationality on it, Dutch, Luxembourg and the Brits were all there in force.
As we got higher the crowds started to thin out a bit, but the wind got stronger and colder, a complete contrast to the day before.
Luckily we had our free polka dot t shirts to keep us a bit warmer.
We eventually got to the final 2km which was where the barriers started. A bit further up was the TS memorial which would have been a good place to stop but we decided to carry on to see if we could get to the very top as it felt like it was in touching distance.
We were hoping to get a photo under the 1k to go banner but it was so windy that they hadn't put it up. We continued up until about 700 meters from the finish were the gendarme had closed the road.
Then it was the long wait for the riders to arrive. It was getting a bit chilly but the thought of seeing the riders kept our spirits up. The trouble with being on the mountain side is that you don't really know what's going on in the race until its right in front of you.
I was just praying to see Wiggo come around the corner still in contention.
Faced with the vision of Contador, Lance and the Schleks my reaction was where's Wiggo. But there he was with his face in serve pain but digging deep. I was surrounded by French people at that point who seemed a bit shocked when the pastie englishman started shouting like a man possesed.
A truly awesome ride by Bradley to get 4th place overall.
What you don't see on the TV are the guys behind the leaders, you think they are miles behind but in actual fact they aren't too far away, even the guys in the bus are riding very quickly considering the terrain.

Once the road opened again it was a painstaking process of getting off the mountain, with everyone in a hurry but getting nowhere fast. Once clear of the walkers and the cars the bike was the best solution for getting down quickly.
A long but very rewarding day, but a lifelong dream fulfilled.

Looking forward to next year already 😃Bring on Alpe D'Huez
Scrawled by Jason.

Fat Blokes near the top.

More Fat Blokes at the top.

Clarion Events

National Clarion 25TT

The next open Nottingham Clarion event is the hosting of the National Clarion 25TT championship on 16th August. It's too late to enter but your support would be gratefully accepted to marshal the event or to give your support. It's on the 'Lighthouse' course starting in Barnstone Village passing through Granby-Bingham-Harby-Bottesford
Course ID: A25/2C
Course Profile:
http://www.nottinghamclarion.co.uk/courseprofiles/LIGHTHOUSE_25_CourseProfile_NottingamClarion.pdf

Please contact the club secretary, or Francis Grafton who is organizing the event if you are able to offer any help at all

Club BBQ: 16th August

After the National Clarion event there will be a club BBQ hosted by Phil and Linda at their house in Cropwell Butler. To enable Linda and Phil to organize food, please contact them before Sunday 16th to let them know you wish to attend. All welcome, bring your family!

You can contact Phil at the final evening 10 on the 13th of Aug, via the Club contacts (see elsewhere in the Newsletter) under Racing Secretary or via the club Secretary's telephone number.

Clarion is also holding a further open event this year

3rd October
25 mile TT Goose Fair (A25/9)

Nottingham Clarion Open 10 5th July.

Jason organized the services of Sarah Brooke photography to record the event. If you haven't had a look, visit the link below to see the excellent photos. I'm not sure if anyone has taken up the offer of photographs, but they are still available. Visit the link below:
http://www.sarahbrookephotography.co.uk/portfolio62098.html
Samples of Clarion rider's pictures are below. Please do not reproduce these pictures as we wish to support Sarah Brooke. The quality of these pictures do seem to be a lot better than some that I've seen at some events.

Clarion Riders clockwise from above: Jason Swann; Jonathon Webb; Mike McCartney; Gary Harris; Tim Fahy; Francis Grafton; Sam Lea

The Backpage

Nottingham Clarion

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Club Membership 2009

If you have any questions about joining the Club then please contact Club Secretary Paul Harwood on 0115 9118183 or via secretary@nottinghamclarion.co.uk

To join Nottingham Clarion simply download the membership form from the website

http://www.nottinghamclarion.co.uk/about/join.html

Club Clothing

We now have club clothing in stock, at the clubhouse. Please ask Paul Harwood or Andy Woolf if you would like anything. Any member under 18 will be able to purchase the club kit with a discount of 25%. Any orders or questions ask Andy Woolf or see www.nottinghamclarion.uk for details on sizes, prices and types of garments

Club Run updates:

As a club we are trying to encourage more members to take part in club runs. We are a disparate bunch living across Nottingham and surrounding areas. Club runs are particularly important in a club such as ours. Over the next few months we are going to be trying a number of different events. If there is something you would like to be seen done then you should contact a member of the committee, contact the club through the details above or come along to a club night at the Yacht club to talk about your ideas.

Blown off by the Bunch!

In our weekly back page interview, the spotlight falls on an unsuspecting club member. We pull back the curtain with trepidation to discover a little more about them. This week it is Karen Lifford. Karen is one of the club's Go Ride coaches.

NCMN: When did you start cycling?
1979ish, although I'd always had bikes and ridden them for fun! My brother and Dad got involved with the local club and were having a great time. So I thought I'd give it a go, The Southend and County Wheelers had a good social side at the time, so a good time was had by all, Dad eventually became Chairman and the family became the catering. I never really stopped riding although the competitive element dwindled when my children were young, I had to stop riding Harlow track league when I found out I was pregnant with my daughter! I used bikes to get around though, including a bright yellow Pashley trike with two rear facing child seats. I seriously got back into riding after moving to the Vale of Belvior and one trip to the old Harvey Hadden track to watch had me smitten.

NCMN: What is the cycling or sporting event that you are most proud of?
My world championship win last year! I won the Ladies Hoops race at the Mildenhall Rally Grass track event, after several years of trying. Think musical chairs with hoops instead of chairs and no music on track bikes and on grass - a hotly contested race of skill and fitness, it was a lot harder than any of the other races I rode all weekend, 3k of short hard sprints followed by rapid kicking back to land a back wheel in a hoop. I beat 15 other girls mostly young enough to be my daughter, I have no shame.
2008 was a good year as I also rode up the Hautacam on a bit of a whim the day after the Tour went up, having ridden nothing much worse than Pasture Lane in the past few years, on no preparation and on my normal road bike, not a triple in sight, I was pretty chuffed with myself.

NCMN: What are your cycling ambitions for the winter, or for next season?
My ambition is to get even fitter than last year, continue riding grass track and hopefully some hard track as well, might even have a punt at the womens 800m Grass Track champs.

NCMN: What was the grumpiest moment on a bike?
Too many to mention, my husband can probably identify several key ones but it usually involves yet another hill and rapidly decreasing blood sugar levels with no cafe in sight.

NCMN: What would be your dream bike, or even whose bike would you like to own?
Any road bike that fitted me properly

NCMN: Who are your past or present sporting heroes?
It's got to be Vickie Pendleton and Chris Hoy - for their sporting domination and for being very good role models off the bike as well. Then there is Chipolinni, he makes very good poster material - there's not many cyclists that can manage that!

NCMN: Outside of cycling, what are your sporting achievements?
There are other sports.....!

NCMN: Given the opportunity, what would be your favourite ride?
Any ride with good friends, in good weather on quiet roads with no to many hills that involves a good and reasonably priced cafe.

NCMN: The oldest cycling chestnut, Shimano or Campagnolo?
Campag - absolutely no other option (It was Shimano Dura Ace before being converted by my now husband, something about being easier to share wheels etc and I'm now thinking of trading in my Tricross for that very same reason)

NCMN: What's your weakness, Steel, Aluminium or Carbon?
Steel - my handbuilt 531 track bike is the best and most comfortable I've ever ridden.

NCMN: Imagine you've been out on the road, what would be you ideal café' food?
Tea, toast and jam - lots of it.

NCMN: Tell us something about you we don't know!
Erm where do I start - as I've only just got involved with the club that's almost everything...! But here are a few snippets..
I'm an Essex Girl - I'll leave you to complete any appropriate punchline you like there
I literally bumped into Eddy Mercx at the Harrogate bike show, there was quite a lot of him to bump into at the time!
I've done a sub 25 min 10 mile TT - OK it was 24.59 and on a road I am wary of driving on now let alone riding a bike, the mind boggles.
I own a 13/60 Triumph Herald Estate
Oh and my honeymoon was spent on the Orient Express from London to Venice