



Club Contact details:

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Website:

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Email:

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Regular Club events:

Club rides:

Saturday:

Meet at the Lime Kiln in Colston Bassett at 10am, meeting from 9.45. Have a look at the forum to see who is riding.

Sunday:

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

Wednesday:

Summer (April to September) Junior Go Ride sessions. Meeting at the National Water sports centre at Holme Pierrepont, Lady Bay, Nottingham. Meet at **6.30pm** at the clubroom



Weekly club training sessions starts at 7pm. Meeting at the new clubroom, National Water sports centre at Holme Pierrepont, Lady Bay, Nottingham.

Social Meeting 8.30 at the new clubroom, / bar National Water sports centre at Holme Pierrepont, Lady Bay, Nottingham.

Committee and Club Nights to be announced at new Clubroom or Lime Kiln

Club News

Welcome to the **June** edition of the Nottingham Clarion newsletter. As always the newsletter needs your news and input so please send your contributions for the next one!

Wednesday Film night at the Clubroom

The 2010 cycling film Chasing Legends, which follows the HTC Columbia team at the Tour De France, will be shown at a special film night at the Clubroom on Wednesday 15th June. £1 entry and please let Paul Harwood know if you want to come along as the room size limits our numbers to around 35.

Family Ride held at Holme Pierrepont 1st June

From 4 year olds on stabilizers to racing members on their latest machines, cross bikes, mountain bikes, road bikes, hybrids and everything in between. The Nottingham Clarion family ride was gathering all **35** of them, it didn't matter what bike you were on everyone was welcome. The 5 members of the Morall family led us off down towards the boat sheds, closely followed by the older teenage girls who kindly did a sweep of the "Rafters" carpark as they passed just to make sure that we hadn't left anyone behind. There were mums, dads, brothers, sisters, riders from school and regular club riders. With such a diverse group we soon naturally broke in to smaller groups each going on their chosen route at their own pace. Some did only a lap, others did a few and yet others did about 7 laps, there was something for everyone. It was nice to get a chance for a chat as we cycled around the lake. Most people finished at around 8pm and we once again regrouped and shared a drink by the side of the lake as we watched the sun go down on this warm June evening. Here's to the next one!

Hopefully see you there

Jenny

Clarion Ladies

Recently we have been contacted by an increasing number of lady riders asking about the Club and its activities. We have decided to set up some specific ladies training rides aimed at those wanting something a little more competitive than a quick spin around Holme Pierrepont lake and the more gentle ladies activities that Club coach Jenny Harwood is involved with. Watch this space for details of a regular ride coming in the near future!

If you are interested in organising the rides to let us know or if you would be interested in coming along we would really like to hear from you. Please email Helen Tindle at: helentindle@hotmail.co.uk or alternatively call Jenny Harwood **01159118183** where you can leave a message and we will get back to you with further information.



New Club Kit Order

We are looking to place an order for new club clothing with our new custom kit manufacturer Giordana by mid June. We have new members wanting clothing and our stocks of garments have depleted so the Club also need to restock for future requirements too. If you are interested in placing an order for new clothing, please could you complete an order form and return to Paul Harwood (or by hand to Paul or

Contact Details:

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Club Membership :

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 have club clothing in stock, at the clubhouse. Please ask Paul Harwood if you would like anything. Any member under 18 will be able to purchase the club kit with a discount of 25%.

Phil Hurst) by Monday 13th June as we are very keen to get a new order in! Please note that as a minimum manufacture order is required and we don't want to use all the Club funds to place the order so a minimum 50% deposit payment is required please.

Details of garments, the Giordana website, sizing, prices and payment details are on the order form. You will see we have limited the number of garments to the most common requirements, this should mean that if you order something and you aren't happy with the size when you try it on we should be able to switch it with club stock (as we did before). The order form is available on the website in the club clothing section here:

<http://nottinghamclarioncc.sports.officelive.com/Documents/NottinghamClarionKitOrderForm.pdf>

Racing News

You can find out more about our 2011 programme of events on the website here:

<http://nottinghamclarioncc.sports.officelive.com/clubevents.aspx>

Club Evening 10 Championship 2011

Turnout at our Evening 10 series continues to be excellent. Riders are now completing their 5 counting rides for the Championship so competition between riders is hotting up nicely and the league table on the website is updated to show the latest positions.

On Thursday 19th, James Tucker set a stunning time of 20 minutes 56 seconds for the first 20minute ride ever recorded on the Lime Kiln 10 course and set a new course record by some margin, beating Darren Buckby's time of 21:27 set in April 2008. Darren's time still stands for the Club course record.

Road Racing Rankings

The Clubs road racing progress continues and we are currently a fantastic and unprecedented 2nd in the British Cycling Regional Club rankings:

Rank Club Name Points (Top 10 only shown as end May 2011)

- 1 VC Lincoln 82
- 2 Nottingham Clarion CC 61**
- 3 Leicestershire Road Club 54
- 4 www.cyclingbargains.com - Metaltek RT 46
- 5 Clay Cross RT 43
- 6 Derby Mercury RC 41
- 7 Team iOptix 36
- 8 Cyclesport/Pygott & Crone 16
- 8 Plan B Racing 16
- 10 Langdale Lightweight Racing Team 15

Mallory Park

31st May In the 3/4 event Richard Birkin powered away in a small break with about 4 laps to go and ended coming 4th. In the U16 our 3 boys were away for virtually the whole race in a break of 5 riders, with James Peckover sprinting to first place, Gabriel Bird getting third and Joe McCartney fourth.

24th May - U14 Boys Position Name Club

- 1 Callum McBrearty Nottingham Clarion CC**
 - 2 Zinzan Heap Team Milton Keynes
 - 3 Oliver Peckover Nottingham Clarion CC**
- U16 Boys Position Name Club

1 Joe Evans Velocity Race Team
2 **James Peckover Nottingham Clarion CC**
3 **Gabriel Bird Nottingham Clarion CC**

17th May - U14 Boys Position Name Club
1 Marcus Burnett Team Milton Keynes
2 **Oliver Peckover Nottingham Clarion CC**
3 Joshua Snodin Melton Olympic CC
U16 Boys Position Name Club
1 **James Peckover Nottingham Clarion CC**
2 Joe Evans Velocity Race Team
3 Ross Simmons Pedal Power

A A Brown Engineering Ltd Road Race

Saturday 28th May 2011 Promoted by Welland Valley CC – Oli gained his 3rd category licence with an aggressive showing all race which eventually earned him 5th place in a breakaway move. Kyle Burleigh and William Nuthall backed him up for 18th and 26th respectively.



Oli in action on his way to 5th

Derby Mercury Road Race 4th June

Report from Oli Nuthall:

Well done to Mike and Stu, they both put in a brave effort halfway through the race and were off the front in a breakaway for 30 minutes without much support from the couple of riders they picked up on the way. Cheers for counter attacking my little dig off the front chaps!

The finishing hill was pretty long and steep and with my knee feeling ropey after jamming it in my front wheel in the neutralised section (of all places!) I didnt give it any beans but Mike mustered another effort with a leadout from Stu and the 8th place was a decent reward. Cat 2 (for Mike) soon mate!

Oli

Notts Summer Mountain Bike Races

The series is back and in the first round at Bingham on Friday May 27th

A great Club turnout for the 1st event of the series and full results are on the race website here: http://www.vcnottingham.co.uk/mtb_racenights.html

Clarion U12's results were:

2nd James Swadling

8th Eve Lyon (1st girl) a storming start by Eve had her in 5th place on the 1st lap

9th Finn Mansfield

16th Jack Mansfield

18th Lotta Mansfield

22nd Rosie Mansfield - a very determined ride by Rosie on a tough course for a little one on a single speed

Next round is Cotgrave on June 17th.

Friday Night Mountain Bike XC Series

Neil Mansfield is taking part in this series of events in the Midlands area and is doing very well except for the Mallory Round on Friday 13th when his chain broke during the race!

Daventry May 6th 15th

Cosford, Rugby May 20th – lots of crashes and technical trickery – 26th

Mowsley near Leicester June 3rd finished 11th.

Nottingham Clarion CC Open 50mile time trial Sunday 29th May - Alan Daniels Memorial Trophy

A huge thank you to Simon Dale the organizer and to everyone who helped out at the recent Open Event which was a great success with 55 entrants:

Result:

1st Matt Sinclair Lutterworth Cycle Centre Race Team 01:48:59 (course record)

2nd Shaun Eden Mapperley CC 01:54:44 (1st ANDCC rider)

3rd Simon Dale Nottingham Clarion 01:55:22 (National Clarion 50 champion 2011)

4th Adam Ellis Spalding Cycling Club 01:56:14

5th Stewart Gregory Nottingham Clarion 01:57:07

1st Lady Helen Eborall Velo Club Rutland/RutlandCycling.com 02:09:44

Team Prize Mapperley CC Shaun Eden, David Ellis, Ewan Tarrant

Matt Sinclair presented with the Alan Daniels Memorial Trophy by Alan's wife Carole:



Open Time Trials in May:

South Pennine RC 25 14th May: on a very tough day: Phil Hurst 1:00:12
Mark McCartney 1:02:29

Mapperley CC Open 10 28th May Mark McCartney 23:13, Chris Beal 34:51 (nice to see Chris racing again)

VC Long Eaton 25 on the Griffydam course Mike Jones 6th (1st handicap) 59:19, Oli Nuthall 14th 1:02:30



Mike at the VCLE 25 (using Stu's bike!!)

In the very early morning of 5th June in the BDCA Open 50 John Odell recorded 2:17:05

In our regular interview, the spotlight falls on an unsuspecting club member and we pull back the curtain with trepidation to discover a little more about them. This month it's the turn of **Helen Tindle**:

NCN: When did you start cycling?

I bought a mountain bike with lock out front forks to do a sprint triathlon on - I thought it would be most versatile option for only buying one decent bike and didn't want a hybrid which seemed too much of a compromise. I got into the mountain biking trails up in Scotland (love them!) and updated my mtb. I bought a road bike after cycling back from work, pedalling downhill and working hard and being overtaken by a very unfit looking cyclist on a very old road bike. He was freewheeling and I had to try really hard to catch him up. 2 weeks later I did another sprint triathlon and caught up and overtook a girl on a road bike. Decision made - the following weekend I had my road bike.

NCN: What cycling or sporting achievement are you most proud of?

I'd love to reel off a list of amazing cycling victories or times...but there aren't any. I loved doing the Camino de Santiago route in Spain a few years ago - staying in the refuges en route and arriving in Santiago for my 30th birthday. We combined the northern route with the southern one - not the smartest of moves without looking at a map with contour lines. The Picos mountains were a tad bit higher than we expected - awesome though. Loads of people walk the route - they're pretty happy near the start but get more tired and withdrawn towards the end due to ridiculously early starts (4am) every day and months of walking. You could tell the cyclists - they were the happy ones, the only people still asleep at 7.30 in a morning, and the only ones still enjoying a glass of wine/beer at 10pm. Definitely the way to go. Away from cycling I'm most proud of completing the New York Marathon in 2008. I was never a runner - but decided to run the NY marathon to raise money for cancer research with a friend. That was in 2003 - we signed up for it, got our places and started training in earnest. A dislocated knee 3 months before the race meant I had to go and watch my friend run. It would have been easy to let it go - but I bought a t-



Helen on the Camino de Santiago

shirt whilst I was there that said "finish what you start" and made a pact with myself to do just that. I ran the Dublin marathon the following year, the Venice marathon the year after, London in April 2008. It never felt "finished" though. In November that year New York marathon fit into half term again. I went and got a PB. It was pretty emotional at the finish.

NCN: What are your cycling ambitions for the winter, or for next season?

For me this year is about getting back on the bike and just getting into the habit of riding hard again. I have a time I want to get this year on the evening 10 course on my bike- but I'm not sharing it publically! I also want to try the course on a TT bike and see what difference it makes.

NCN: What was your grumpiest or embarrassing moment on a bike?

The most embarrassing was after cycling into Nottingham to Freewheel to pick up a pannier rack for the camino trip, not thinking through getting the rack home (I sort of figured it would be on the bike). With it in a carrier bag in one hand dangling from the handlebars I decided to run a red light at a pedestrian

crossing (I know it gives cyclists a bad name and I've not done it since!) Being more aware of the disdain from the queue of cars, my front wheel went into the tram lines, I stupidly put my front brake on and went flying. I stood up to about 60 people staring at me - laughing at me I could cope with, looking concerned for my wellbeing would've been nice..but no it was silent blank stares all round. I got out of there as quick as I could.

The grumpiest was last year doing the Yorkshire cycleway - day one on a mtb with my front disc brake catching. Downhill was hard work - let alone 20% inclines. I wouldn't have liked to have been in my company that day.

NCN: What would be your dream bike, or even who's bike would you like to own?

A cervelo p4 please!

NCN: Who are your past or present sporting heroes?

Lance Armstrong (would be gutted if his achievements were performance enhanced after all). I've been lucky enough to hear Bill Sweetenham (Australian swimming coach) and Clive Woodward speak - inspiring stuff both with similar attitudes about the importance of preparation and planning to maximise performance. Lessons useful for sport and work.

NCN: Given the opportunity, what would be your favorite ride?

I'd like to move the mtb red routes in the 7 Stanes in Scotland (particularly Kirroughtree & Glen Tress) 5 miles away from home. Also I'd love to make it up Mont Ventoux.

NCN: The oldest cycling chestnut, Shimano or Campagnolo?

I don't know enough so I go with what I know...I know shimano so I stick with it.

NCN: What is your weakness, steel aluminium or carbon?

Please send you news, views, articles and pictures to :

news@nottinghamclarion.co.uk

I'd love to have the money to have one c each.

NCN: Ok you've been out riding and you make a café stop, what would be your favourite order?

Has to be cake...anything without walnut!

NCN: Tell us something about you that we don't know!

I have a season ticket for Wigan rugby league

