



### Club Contact details:

#### Postal Address:

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Tel: 0115 9118183

#### Website:

[www.nottinghamclarion.co.uk](http://www.nottinghamclarion.co.uk)

#### Email:

[secretary@nottinghamclarion.co.uk](mailto:secretary@nottinghamclarion.co.uk)

### 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 Pierpont, Lady Bay, Nottingham. Meet at 7pm in the car park by the Kayak/Canoe water course.



##### Wednesday:

Winter (October to March) weekly club training sessions starts at 7pm. Meeting at the main building National Water sports centre at Holme Pierpont, Lady Bay, Nottingham.

#### Committee and Club

**Nights** to be announced soon when a new Club meeting room venue is agreed.

## Club News

Welcome to the new edition of the Nottingham Clarion newsletter. It has been a while since the last one so there is plenty to catch up on. The newsletter needs your news and input to continue so please send your contributions for the next one!

### New Members

Well the newsletter used to welcome new members but since the last one we have had such an influx that it would take up a page or so! Just to say welcome to you all. We are getting regular enquiries through the website and this means we will have new and prospective members appearing at our new Wednesday rides and weekend club runs. Please make them feel welcome!

### 'El Presidente' Gordon Baker

Gordon would like to say thank everyone who visited, made contact and sent cards following his recent illness. Gordon tells us he is recovering and with the help of a programme formed with his physiotherapists (which includes biking of course) he is steadily building up his mileage and at the time of talking to him had just been out for a 1 hour 40 minute ride the day before! I am sure we all are all heartened by his progress and wish him well on his continued recovery

### Club Runs update

We are now running weekly winter training sessions starting at 7pm every Wednesday meeting at the main building Holme Pierpont. Lights are essential and the first few rides have been well attended.

### Club Nights and Club room news

We hope to have some good news regarding a new clubroom venue for regular club nights in the near future.

### Club Dinner news

Details of the forthcoming annual Club Dinner and prize presentation in late January / early February 2011 will be announced shortly. Remember to return your silverware in plenty of time to Paul Harwood so we can get them engraved for the presentations.

### 2010 It's been a busy year! *By Jenny Harwood*

The beginning of the year saw me being able to put my newly acquired coaching certificate to good use by assisting at a couple of British Cycling Go Ride races for novice riders held at Holme Pierpont. There was a good turnout with plenty of our young riders attending and showing off the club colours.

Spring saw us resume our regular Wednesday evening coaching sessions which attracted over 30 youngsters on several occasions. We now have a core of over 40 kids on our list with about a fifty fifty split of beginners and more experienced riders.

A number of these youngsters came via the sessions run in local schools by the British Cycling regional staff and a fair amount also come from website enquiries referred to us by John Odell or Andy Woolf which we receive on what seems like a weekly basis.

**Contact Details:****Club Secretary:**

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**Racing Secretary**

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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](mailto: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 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%.

In order to forge links with schools in the area I have been working for BC along side Steve Crosland, this has provided me with a great deal of practical experience which can be used to enhance our club sessions.

As well as Nottingham Clarion's own successful indoor Watt bike sessions last winter, Paul and I have taken the Watt bikes out on tour included a stint at the Lincoln Grand Prix, Heckington Show in Lincolnshire, The Rushcliffe sports awards and the Barkston Heath Youth League Prize Presentation in Grantham and to Spalding CC v Witham Wheelers indoor competition to name a few.

The summer came and went with our Wednesday evening sessions suffering slightly when Karen and I had to make the decision to abandon due to bad weather on several occasions. There was also an interruption in proceedings to enable us to help organise another series of 3 Go Ride races, during the school holidays.

As Autumn approached we started to get the competitive youngsters prepared for the Cyclo cross season, we had considered running until late October as usual but this year the nights seem to have drawn in particularly quickly and we had to finish at the end of September due to lack of light.

The coaches and parent volunteers had a quick meeting after the final evening session at the end of September. We came up with a plan to continue our youth activities through the dark winter months by providing some family rides both off road and on (the first being after the club hillclimb around the Vale of Belvoir) and some extra training sessions for all our young Notts and Derby Cyclo cross riders which are run by Graeme Swadling they take place at Holme Pierrepont on the weekends that there is no event.

Graeme has become an important part of the coaching team since he joined us when his Son James started riding for the club a couple of years ago. Since then he has gone on to attend the level 2 coaching course and compete in his first cyclo cross events recently. Along with his wife Diane they have been a constant support to Karen, Paul and I throughout this year. The youngsters really enjoy his sessions.

There have been several other Dads who after bringing their youngsters along have decided to give the cyclo cross events a go. It's great to see so many Nottingham Clarion shirts in the races, long may it continue.

So what else has been happening in the Harwood household, well as always it's usually something club related, so there is the small ( or not quite so small) matter of trying to complete the Club Mark accreditation folder which we have been working on for the last 2 years. This is the document which will eventually secure for Nottingham Clarion full Club Mark status. It's been a long job to get all the officers in place and get them all on the required courses.

Gary Harris has achieved the Safeguarding and Protection of Children certificate on behalf of the club as its welfare officer.

Paul attended the Club for All workshop as Club Contact, Karen, Me, Kyle and Graeme all completed the level 2 coaching certificate in cycling course, plus taking our first aid certificates which are required to run the sessions.

In addition we all had to have enhanced CRB checks, and do risk assessments for all venues used.

Harvey as chairman had to sign off all sorts of documents to allow us complete the folder.

Then we have had to come up with a Club Developments Plan which I have just put the finishing touches to, as it stands it is now a full 8 pages long.

All in all it's been a very time consuming job but it has finally come together and we are close to achieving Club Mark which is a mark of excellence in the sport. We hope to have confirmation of our success before the end of the year.

Thanks to all those involved in making this happen (sorry if I forgot anyone), it's been a long haul but we have made it through by working together.

So onward and upward, looking forward, I've just embarked on some more regular work for British Cycling working at a school in West Bridgford so more local youngsters to feed into the club in the future. We have some Go Ride Racing events planned using the school as a venue so we will be able to showcase the club through the more

experienced youth members doing demonstrations etc. There are also several inter school competitions on the horizon too.

Any of you teachers out there maybe this could be an opportunity to combine your job with your sport.

For now it seems that the days are too short and the years just go by in a flash, is that because I am so busy or perhaps it's just that I'm getting old! Either way life is never dull and boring when you have all these things to keep you busy.

Hopefully see some of you around somewhere soon.,

Merry Christmas & a Happy New Year if I don't see you before!!!!!!!!!!!!

Jenny

## Racing News

The newsletter isn't going to exhaustively mention every result, for that you can look on the forum and website but recently honourable mentions must go to:

### **Climb every mountain**

The 2010 Club Hillclimb Championship was won by Greg McCullum. The National Clarion Hillclimb Championship was held as part of the Chesterfield Coureurs Beeley Moor hillclimb on Sunday 17<sup>th</sup> October and congratulations go to Stewart Gregory who became the 2010 champion while Greg followed up for the silver medal, which was no mean achievement as he had forgotten his shoes!



Stewart on his way to the National Clarion Championship win on Beeley Moor

## Lighthouse

Seems a while ago now but thanks to everyone who rode and supported the club at the ANDCC Lighthouse TT back in September. The event had a great atmosphere with the local clubs all sparring for the trophy. We finished a very creditable 2<sup>nd</sup> just 12 seconds (across 5 riders!) behind Sherwood. All the pre-match talk was of Mapperley and North Notts as favourites so with them finishing 3<sup>rd</sup> and 4<sup>th</sup> respectively, it was a surprise result. Congratulations to Dave Ash who became our 2010 25mile champion by being our fastest rider in the event and he was also a close 3<sup>rd</sup> in the ANDCC solo rider category. Our team has improved consistently over the last 3 years so lets see if we can win it next year!



Mike and Chris in action at the Lighthouse TT – see the website for more pictures

## Go Race, Thoresby Hall

A great result for James Peckover in the recent 12 lap Youth race at Thoresby. With one lap to go James was about 200m behind a breakaway of four riders. When the break eased up getting ready for the final sprint he was able to catch up and launch a surprise attack before the final bend and hold on for the win from the fast finishing Alex Minting.



## Time to get Cross

The NDCXL cyclo-cross season is back underway with record entries in this ever growing race series. The club is being very well represented in all age categories and its great to see our kit in such abundance at the events.



The senior section (their words not mine!) get underway at Alfreton

## End To End

Mike C finished in 193<sup>rd</sup> (out of 1362 entrants and 1001 finishers) in the recent Isle of Man end to end mountain bike race won by Nick Craig.

## Goose Fair

Thanks to everyone who helped out at our recent Goose Fair Open time trial which was won by Kevin Dawson in an amazing time of 51:30. The running of the event was praised on the timetrialling forum!

## Racing 2010

Since the last newsletter there has been too much to record here! Its fair to say that in all fields of racing, sportives, the continuing success of the Evening 10s and Club Events, open time trials, road races, track and cyclo-cross the Club has enjoyed a period of success and competitive improvement so well done to all our riders. Huge thanks go to all the helpers at our events who have made it possible for most of us to just turn up and ride!

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 time it is our new 10 mile TT and Lighthouse champion **Dave Ash:**

**NCN: When did you start cycling?**

I started mountain biking in 1997, had a full year of it and then packed it in for a bike with a engine in it, that got a tad dangerous and got bike in road cycling in 2003 as part of a plan to stop smoking and to loose weight, and I have become somewhat obsessed with the sport ever since.

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

This year in general as been a good year all round, my aim was to try and get inside a 21.00 on our course (**course record is 21:27! – NCN**) which was a hard task to crack and seemed unrealistic at the start of the year, but the more you push it the better you become, and there was some good competition between Simon and me, making you dig deeper so I think winning the club ten as been a eye opener for me and a bit fluky. It would have been even tougher had more of the fast lads rode and been in shape. Also the lighthouse was good mixing it with the local clubs and we were so close, were was Mr. Swann?!! (**in the Lake District! - NCN**) At the moment I am just getting fat, which is nice but I am worried I might start staying that way, as most of my riding used to be done to and from work, but since starting my new job I have been unable to commute by bike anymore, so I think a new job is called for! I will start with just trying to get the rides in till spring and then who knows, stay fit.

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

Being over took by the juniors in a mid week cyclo-cross event back in 2004, I was leading the race till I blew on the second lap and finished 3rd from last, you learn what you learn with age.

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

DeRosa King 3, most of top Italian race bikes are the business.



Dave in action at the ANDCC Lighthouse TT

**NCN: Who are your past or present sporting heroes?**

Christophe Bassons, Paul Kimmage, Greg Lemond, all who have risked there own cycling careers and reputation by speaking out against doping in the peleton, I think the pro's are like race horses and they only have a limited time to make it, the pressure from the sponsors can be relentless. and I admire the pro's who alienate themselves by speaking out. Was Brad Wiggins slow or just clean this year?

**NCN: Outside of cycling, what are your sporting interests?**

I like to do a bit of running when I am short on time. Watching the kids suffer in cyclo cross and then seeing the joy - relief when they finish is just great.

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

The ride I do every year for the past three years is my favourite, the Pennine cycling way from Berwick on Tweed to Derby and home, it's about 400 miles of the most undulating and scenic route the UK has to offer (Sustrans route 68). Other than that my old commute to work 15 mile each way through the back roads from Hucknall to Stapleford taking in a lot of traffic free roads, the best way to get to work I think. If I was young again I would have liked to do more touring by bicycle it's a cheap way to see the world. Check out Alastair Humphreys - he did it.

***NCN: The oldest cycling chestnut, Shimano or Campagnolo?***

Campag for me, well you have to when you are running three bikes you just have to stay with it.

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

Steel is real so they say and my favourite bike is steel, but carbon all the time when racing, titanium can be a bit springy.

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

I never eat jam on toast usually, but on Sunday rides that all I have. it's only about a quid, just right for a cheap skate like me.

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

I am only just 40 you know not 50 as my grey-balding head would suggest, also I used to be a 14 stone heavy smoker and drinker, well I still like a beer or two. My two boys are starting to feel the benefits of cycling at a early age, some thing I wished I did when I was young. Well you're never to late to start the best most versatile sport on the planet!

Please send you news, views, articles and pictures to :  
[news@nottinghamclarion.co.uk](mailto:news@nottinghamclarion.co.uk)