



Nottingham Clarion Newsletter

June 2006

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Clubroom Pumpstation House, Daleside Road, Nottingham **2nd Monday in each month 8.00pm**

Website: www.nottinghamclarion.co.uk

Welcome to the Clarion newsletter for June 2006. We have another letter packed with news and forthcoming events for you.

Club News

Clubruns

Club runs are being organised on a weekly basis via e-mail as many have racing commitments at the weekend. However there are still quite a few members who wish to get out for a social ride at the weekend. If you want to go out at the weekend either just reply to the e-mails or phone Tim Fahy or Paul Harwood. Each weekend's activities can be arranged on a Thursday evening at the Lime Kiln Pub after the Evening 10.

Clarion Velodrome trip

We have finalised the booking of the Session at Manchester Velodrome. The session easiest to book was 1-4 pm on Saturday September 30th.

Further details are available on the website. We would also like your deposit as soon as possible as the final amount will depend on numbers. The more we have the less it costs! It should prove to be a very exciting day and don't worry if you have never ridden on the track or on a fixed wheel bike, there will be quite a few others just like you and the session will be aimed at beginners.

Club Nights and Committee meeting dates

Next Club Night and Committee dates are Monday 17th July and Monday 14th August at Pumpstation House. All welcome.

Thank you's

Thank you to everyone helping out at the evening 10s. We now have extra timekeeping and marshalling when required and even a car key storage facility. Thanks to Harvey for the interview later in the newsletter.



Congratulations

Congratulations to Lee and Claire who were married at Cotgrave church on the 3rd June on a lovely sunny day. They are on honeymoon in Italy.

Press

There have been a few contributions on various subjects including our own evening 10 series on the www.veloriders.co.uk forum

Club Bike (ahem!)

Paul has tirelessly (no pun intended) worked to put together the parts donated by members into a club time trial bike which is available for loan. However, if you would like to donate any further kit, spare or redundant equipment to the club, which could then be loaned out, let us know. Any donations would be gratefully received and we would like to be able to have club road bike.

Events and Racing

If you would like any help or advice on how to enter open events or which events you would like to enter please let us know. We would all be very pleased to help any rider wanting a go at an open event, helping with filling in entry forms, possible shared transport etc.

Clarion Evening 10 series course changes

The evening 10 course has just received its official course registration number A10/28C just in time for the roadworks between Harby and Langar to force us to revise the course! This Thursday 15th June the course will be revised to start a little further back up the hill from the Lime Kiln (towards Cotgrave) to follow the existing course to the former cheese factory at the edge of Harby (just at the top of the little hill) The course will then turn in the driveway to the factory, where there will be a marshall, to turn back onto the road and return back up the course to the Lime Kiln.

Following on, we will run a new 10 course (still meeting in the car park at the Lime Kiln), which will start near Kinoulton then on to Hickling, to Nether Broughton to Long Clawson, back to Hickling and then Kinoulton to see which is the preferred course.

Just to add a safety note, please could riders not overcrowd the start area on the road, instead please turn up just a few minutes before your start time to keep the road clear. Please feel free to congregate in the Lime Kiln car park where there is plenty of room to meet in safety

Nottingham Clarion 3-Up Team Time Trial

Unfortunately we have had to cancel the Nottingham Clarion 3-up TTT due to be held on 18th June 2006. We received insufficient entries and coupled with the recent notification that one of the roads we were meant to be using will be closed for the



next 8 weeks means that it is not viable to run this event. However, the 'Goose Fair TT' is still planned for later in the year.

Nottingham Clarion Tour of the Peak 2

Due to the cancellation of the 3-Up we would like to organise another Clarion Tour of the Peak on the same weekend starting in Matlock and running over a similar 70mile route to the first. We will stop at Monyash and all riders are welcome, please look out for further details this week.

Results and Reports

Who did good, who had a 'mare'...

Saturday 20th May Nottingham Clarion Tour of the Peak 70 miles

Stuart reporting:

Saturday 10 am rain 9.5 degrees... not a good combination but any thoughts of cancelling evaporated when Andy came charging up the hill to the CP. Myself, Phil, Gary, Nolan, Jonathan & Tim being the team for the day. However after some poncing about Tim "fair weather" Fahy wussed out (*personal remarks edited out*) accompanied by jeers from the rest of us (*expletives deleted*)

Anyway the ride went ahead and the rain eventually stopped the early part was mainly good climbs with steady gradients from Froggat, Millers Dale etc, but the real trouble started after lunch in Monyash .

From Grangemill over Middleton top(grunt) then a rough decent into Wirksworth & over Alderwasley (col du Malt Shovel) (gasp) ten after a lumpy decent to Whatstandwell up & over to Crich (Grunt & Gasp).

The final 15 miles for me where a case of where is the (*expletive deleted*) car park.

Hero of the Day : Johnathan for staying the course

Zero of the Day: Do you need to ask?

Stu

Saturday 27th May Mapperley CC 10 A10/2 Oxton

Result:

1. Gary Empson API-Metrow 20:55
2. Jonathan Hunt Sherwood CC 21:05
3. David Yates North Notts Olympic RC 21:48

David Smith Nottingham Clarion CC 24:37

Kath Smith Nottingham Clarion CC 25:25

Philip Morris Nottingham Clarion CC 33:59

13th May Dukinfield 50 mile time trial

D Smith Nottingham Clarion 2:14:54

K Smith Nottingham Clarion 2:17:38



29th May Anfield 100 mile time trial

D Smith Nottingham Clarion 4:43:01
K Smith Nottingham Clarion 4:58:50

4th June National Championship 25 mile time trial

K Smith Nottingham Clarion 1:10:30

Nottingham Clarion evening 10 time trial results – see www.nottinghamclarion.co.uk to see how you did! Check on your current ranking in the league table.

If you take part in an event – let us have a report.

Forthcoming events for June / July

Where and when to see our riders:

Tuesday 13th June Matlock CC Open 10 mile time trial 6.30p.m.

Sunday 24th June VC Chesterfield open 10 mile time trial O10/2 5.00p.m.

Sunday 25th June Ian Walker Road Race

Sunday 2nd July Gerry Thurlow Road Race

Sunday 2nd July Matlock CC Open 25 mile time trial A25/12 8.00a.m.

Saturday 8th July North Notts Olympic 10 mile TT A10/114A 6.00p.m.

Sunday 16th July Acorn Road Race on the Harby circuit

Mallory Park circuit races are underway every Tuesday evening with entry on the line only.

The evening 10s are well underway, starting at 7.15pm, running through to August as usual. Entry fees will be £1.50 per ride or as a 'season ticket' costing £10. See www.nottinghamclarion.co.uk for further details.

Let me know of any race or event you have taken part in. Could you have been a contender? Were you a victim of underhand team tactics? Let us know the gossip.



Forthcoming club events 2006

Tour of the Vale Club Time Trial, Tuesday 20th June start 7.00p.m. on a sporting course as below starting near Long Clawson and covering approximately 25 miles:



Future club events this year, in addition to the evening 10 series:

Double Limekiln Circuit Time Trial on Saturday 9th September at 11.00a.m.

Club Hillclimb Championship to be held on Stathern Hill on Sunday 15th October.

Website

The new look website www.nottinghamclarion.co.uk is online now!

Club Clothing

The second bulk order has been placed with Impsport

The club has decided that 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.



Social

Every Thursday evening after the 10 mile Time Trials in the Lime Kiln PH from 7.30p.m. onwards.

Readers Articles

Jenny's Musings/Blog;

Hi everyone it's me again, just thought I would keep people up to date with things in the club which aren't necessarily race/ride related and who better to do it than me a committed non-bike rider!

Well let's start with the last clubnight /committee meeting; it was standing room only as we were all packed in like sardines in a can. The count was around 23 with old and new members rubbing shoulders together. The two young lads Greg and Danny were attending for the first time and Rick Burton was retuning to club life after ill health. We also had the Loasby's who some of you will know as relations to the famous cycling photographer the late "Nick" Loasby. It was a great atmosphere; it was a good thing I had "fed" the committee members early as there wasn't room to sit at the table later on. If this keeps up we will have to adjourn to bigger premises!

The Thursday ten is still being well attended despite the road works/traffic lights. Some new "semi official" posts have been created recently due to Mick's holiday and circumstances with the course. Chris Beal has been a "star" taking over the timing in Mick's Absence allowing Paul and Alan to have a ride. Jean and Gill has become keepers of the "keyboard"(those that use it will know what I mean). Pete has done his stint as Traffic light marshal to ascertain just who (if anyone) runs the Red lights and I've been the timekeepers driver. We have all pulled together to make sure the event can still take place safely and within the rules. We are also getting some regular private trials from Derek Foot of Melton Olympic, Matt Shaw of Sherwood and Mike Haber of Velo Club Nottingham.

Jim and Glenys put in a very welcome appearance and joined us for a meal and a pint in the Lime Kiln (it was great to see them both).

All in all a good night is had by all thanks to the warm welcome we receive courtesy of the landlord and landlady of the pub(I don't think they have ever sold so much crispy chicken and omelettes in one session)!!!

It's probably time or me to bid farewell for now, I'm sure I will be back soon with another episode of "clublife" through a non-cycling eye.

By next time we will have run our first 3upTT(course permitting) so it will be tales from around the tea urn and inside the changing room (can't wait for that one)!!

See you next time

Jenny



Road Racing at Mallory Park

Having raced motorcycles around Mallory Park, most seasons for the past 16 years, I thought I knew the circuit pretty well.....hmmmm!

The drag up to the hairpin that saps the strength on each lap, never seems, well, such a drag when you've got an engine between your legs!

I re-joined the club this year, after a couple of years in the wilderness, and applied for my racing licence again and decided that I needed to get serious. Sixty quid for the bloody licence focused my attention and provided some motivation. I had to get fit and have a proper go at this road racing lark.

For those that don't know it, Mallory is a wide, well surfaced motor racing circuit just to the west of Leicester. For a few years now, they've run Cycle RR's on Tues (3,4,W,J) & Thurs (1 – 4) evenings during the course of the season (April to August). The races are EOL only and generally attract anywhere between 60 & 100 riders. Available light dictates the length of the races, but they don't do more than 30 laps, which is just under 40 miles.

Whilst this sort of closed circuit racing may not appeal to all, it is relatively safe and pretty intense, not least in the level of concentration required. At least I find it so given my limited experience.

I've managed 3 races there so far this year and each time the circuit has varied slightly. There are 3 chicanes, which can be excluded from the circuit, and each time I've been there's been a different permutation. I guess it makes for a bit of variety, but it definitely makes for harder racing, because the chicanes slow everyone down and then they all sprint away! All 3 chicanes were included this week, which along with the hairpin, made for 4 mini-sprints each lap. There were 30 laps this week.....that's a lot of sprinting.

From what I've seen so far, breakaways occur, but rarely succeed. Patience and tactical awareness seem to be the more important skills. Okay, what I really mean is that when you're 46 and a bit fat, sitting in behind a load of Cat3 20 year olds seems very sensible! The immense satisfaction gained from staying the pace and finishing in the bunch is all the reward most will need for the pain and suffering.

So far then: Finished in the top 30 in the first race; about a minute down in the second, after a suicidal effort knackered me with 3 to go; 13th place last time out in a sprint finish (I sprint like a Hippo!!)

John made it 2 from the Clarion this week. It'd be nice if a few more would come and have a go, then we might work out some tactics rather than hanging on for grim death! Seriously though, it's good fun and very satisfying. Do it!

Andy Pike

Ride reports / Tech / fitness / words of warning hints and tips etc. – any articles from members would be welcome. These may also be used on the website.



Show us your ride

I got a new bike this month so I thought I would give you the lowdown on it:



Bianchi Via Nirone 7 Aluminium Campagnolo Xenon 10 speed compact. This is intended as my new commute and training bike. Its got an aluminium frame with carbon fork with a 'naked aluminium' finish intended to be a replica of Daniel 'the killer' Di Luca's top of the range Bianchi race bike as seen in the Giro D'Italia. It's equipped with the brand new compact Campagnolo Xenon 10 speed which is not available anywhere or on any other bike yet. It cost about £650 from JE James although I got a club discount. The picture shows it with my better Campagnolo Scirocco wheels fitted (not standard on the bike) and before race guards, saddle bag and extras were fitted. First ride impressions are that it is a good ride but it is a bit heavier and not as lively as my Bianchi EV2 road race bike (not a bad thing for a training / commute bike)

Andy Woolf.

Please send us a picture plus comments on your favourite bike – could be any MTB / tourer / fixed / new / old etc?

For Sale or Wanted

Wanted:

TT frame/forks required suitable for 5'11" rider (54cm top tube?). Will consider complete bike, but needs to be compatible with 9/10 speed campag block. Any advice from those more experienced would be welcome. Andy Pike (07717 573433 or andy.pike33@ntlworld.com)

Let us know if you have any bikes or equipment for sale or if you are after that elusive Campagnolo widget.



'Blown off by the bunch'

This month our spotlight falls on Harvey Norris the club 'mountain goat':



Cycling achievement most proud of?

Completed the Limoges - St Flour Etape du Tour in 2004 (150 miles) with Andy Woolf.

Rode up Alpe D'Huez in 52mins.

(Obviously I only perform well in France, well that's my excuse).

Favourite bike or bike you would most like to own?

Currently a BMC Carbon, completely mad frame but somehow I think it works. This does change frequently, in fact almost every time I buy a bike mag or go into a bike shop. It's a confusing world out there, so many sparkly things.....Ooh I've just seen a nice Cervelo....

Cycling or sporting heroes?

At the moment Valverde and Basso - the way he glides away from his opponents is very impressive

Any other interests sporting or otherwise?

Burning things

Favourite bike ride?

Down in Devon, from Cullompton to the coast and back. Takes in some knee breaking climbs including one called one stop hill, yeah you've guessed it, the best I've got up is with one stop. Luckily someone has very kindly put a bench there.

Favourite Café food?

Beans on toast with two eggs on top.

Steel, Aluminium, titanium or Carbon?

Nano carbon (you can tell advertising doesn't work on me)



The ultimate cycling question – Campagnolo or Shimano?
Shimano

Tell us something we don't know about yourself:
I used to live in Nigeria.

Send your pictures, news, reviews, views, and articles to Andy Woolf. See www.nottinghamclarion.co.uk for contact details

Happy cycling....