



Nottingham Clarion Newsletter

May 2006

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Website: www.nottinghamclarion.co.uk

Welcome to the Clarion newsletter for May 2006. We aim to keep you informed of the latest news, information, gossip and review the last month for Nottingham Clarion Cycling Club. Most of us now receive this newsletter by e-mail, if you would like to be added to the circulation list have a look on the website where there is an address for the newsletter and news articles.

We have so much to report on, this newsletter is quite long, so I suggest you get a cup of tea.....

Club News

New Members

A very warm welcome to our recently joined new members, Dave Ashworth and Danny Beet of Cropwell Bishop, a mate of Greg's.

Clubruns

Club runs are being organised on a weekly basis via e-mail. With the racing season now into full swing, 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. With the start of the evening 10s it may be that each weekend's activities are arranged on a Thursday evening at the Lime Kiln Pub!

Clarion 'Tour of the Peak'

As the Nottingham to Skegness event has been cancelled, as an alternative we are organising a club ride in the Peak District that weekend. There will be two routes (exact details tbc), one of 70miles and a social ride of 40miles taking in a joint café stop. It's a chance to try out some real hills and I expect best bikes and new club kit will be in evidence.



Start will be at 10.00a.m. at the Gate Inn Public House car park just outside Cutthorpe , to the West of Chesterfield. This means starting near the top of Eastern Moor but there will be plenty of other hills and stunning scenery to make up for it! If anyone would like to go and would like to share travel to Cutthorpe, let us know, as there will be plenty of people with vehicles able to give a lift to someone..

Club Nights and Committee meeting dates

Next Club Night and Committee dates are Monday 12th June and Monday 10th July at Pumpstation House. All welcome.

Thank you's

Thank you to John and Phil for their effort in getting Nottingham Clarion online with the new website www.nottinghamclarion.co.uk Thanks to Paul for the interview later in the newsletter.

Press

No mentions to report this month – get some questions into Eurosport fast!

Timekeepers

Due to the success of our evening 10 series, we are now approaching the limit of riders who can ride with only one timekeeper. Mick is only just making it to the finish to see the first rider finish! If anyone would be interested in becoming a timekeeper for club events, please let us know.

Club Bike

The committee has decided to put together a club bike which can be loaned to new members without a suitable bike, to have a go at club events. If you would like to donate any kit, spare or redundant equipment to the club which could then be loaned out, let us know. Any donations would be gratefully received. Thanks to Gordon who already has donated quite a bit of equipment.



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.

Results and Reports

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

Saturday 15th April VTTA 10 mile time trial A10/20 Tuxford - Carlton on Trent – Tuxford

Result:

1. James Perkins Zenith CC 20:14
2. David Yates North Notts Olympic RC 21:04
3. Barry Charlton Stone Wheelers 21:06
4. Andrew Woolf Nottingham Clarion CC 21:11 Course PB
5. Neil Kirk Ashfield RC 21:14
6. Matthew Shaw Sherwood CC 00:21:16
7. Sean Vincent Zenith CC 21:18
8. Jon Surtees Cherry Valley RT 21:19

John Odell Nottingham Clarion CC 24:57 Personal Best
Mrs Gill Henshaw Long Eaton CC 27:09

Andy Reporting:

Good conditions just warming up with a 6mph southerly wind meaning a slight headwind down the first A1 leg but a slight tailwind back up the return leg on the adjacent road. For some reason I was on it today and rode like I was being chased by men with large sticks! Very happy with a course PB, my second fastest ever 10 mile time and my position in the field. Oh yeah – won £12 – I'll be turning Pro next!

John did an all time PB but unfortunately our times don't officially count due to the courses' illegality with the CTT!

Matt Shaw from Sherwood, who you will have seen at our evening 10s, did an excellent time to finish 6th.

Monday 17 April Leicestershire RC Queniborough – Tilton - Queniborough 29 mile time trial

1. James Perkins Zenith CC 1:09:12
2. Nigel White Sherwood CC 1:09:45
3. John Charlesworth S Yorks Police RT 1:09:52

33. Harvey Norris Nottingham Clarion CC 1:22:50



44. Phil Hurst Nottingham Clarion CC 1:29:04

Saturday 22nd April CDLCA 10 mile time trial A10/1 Sixhills

1. James Perkins Zenith CC 21:52
2. Andy Proffitt Arctic–Shorter Rochford RT 21:54
3. Nigel White Sherwood CC 21:59

9. Andrew Woolf Nottingham Clarion CC 23:08

John Odell DNF - puncture

6th lady Gill Henshaw Long Eaton CC 29:58

Andy Reporting:

Fantastic conditions on the outward leg, couldn't pedal fast enough meant a really tough return which felt uphill and was against the wind back along the A46. Its only the second time I have ridden this course and I am just realising it's a tougher course than it looks on paper!

Unfortunately John punctured after 2 miles, but at least that meant he didn't have to ride back into the headwind as he got a lift back to the headquarters from a spectator

Sunday 30th April Matlock 10 mile time trial A10/16 Darley Dale - Bakewell

1. Julian Ramsbottom Scunthorpe Poly CC 21:01
2. Jonathan Hunt Sherwood CC 21:58
3. Chris Storer Ashfield RC 22:09
4. Dominic Sweeney Lutterworth Cycle Centre 22:19

11. Andrew Woolf Nottingham Clarion CC 22:53

Andy Reporting:

The men chasing me with sticks actually caught me this morning! – couldn't seem to get going and it was a bit cold at 8 degrees C. Put that one down to experience and I was disappointed with my time. One advantage to starting and finishing early was that I managed to get to the roadside in Rowsley in time to see Julian 'Rambo' Ramsbottom ride past going awesomely quickly on his new carbon fibre Swiss TT bike – awesome ride from a class rider.

Saturday 6th April Leicestershire RC 3 up team time trial 50Km AS/3Rev

1. Glendene CC – Alex Dowsett / Ben Hallam / Russell Hampton 1:01:43
2. Zenith CC A - James Perkins / Stefan Rick / Sean Vincent 1:04:04



Nottingham Clarion A – Harvey / Phil / Andy 1:14:29



Nottingham Clarion B – Tim / Lee / John 1:16:37



Welcome back to the UK boys – it started to rain just as we started and we got particularly wet. Both teams enjoyed the ride, the worst bit being the stretch along the A46 where the carriageway held the water on top so it was like riding through a stream!

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 May / June

Where and when to see our riders (or not!):

Saturday 20th May VTTA & 4 mile Nottingham – Skegness **CANCELLED** (see alternative Clarion Tour of the Peak event)

Sunday 21st May Melton Olympic 10 mile time trial A10/1 Six Hills

Saturday 27th May Mapperley CC 10 mile time trial A10/2 Oxtun

Saturday 3rd June Sherwood CC 25 mile TT A25/25 Carlton-On-Trent to Long Bennington

Nottingham Clarion Cycling Club
enquiries@nottinghamclarion.co.uk
www.nottinghamclarion.co.uk



Sunday 11th June BDCA 50mile TT A50/12

Tuesday 13th June Matlock CC 10 mile TT A10/16 6.30p.m.m start

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

Just a further reminder that we are proposing holding some further club events this year, in addition to the evening 10 series:

Tour of the Vale Time Trial approximately 25mile in the Vale of Belvoir on the evening of Tuesday 20th June. It will be a 'sporting' course, starting and finishing in Hose, and will use quiet lanes in the Vale avoiding main roads. Exact course route will be published soon.

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

First delivery of club clothing has been delivered. Member feedback has been very positive with a second club bulk order about to be submitted to Impsport. Deadline for this order will be the evening 10 on the 11th May so get your order in!

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.

Phil is looking at holding another Summer BBQ (or similar) during the summer possibly after a convenient local TT (if we can find one!!).

Readers Articles

Article from Jenny Harwood which speaks for itself...

What a buzz

'There is a real buzz about club life at the moment, what with the super new kit, the addition of some junior and lady members, others participating in trips to sunny climes and a general enthusiasm by the membership to work together to get things done and organise events.

We have a fantastic new website which has had input from a few different sources, a vibrant committee who attend meetings regularly and see that the club moves forward and grows ever stronger. We are running events again this season. Starting with a 3up team open event.

Any negativity which we may have suffered from in the past is banished to be replaced by a drive to see the club go from strength to strength.

Attendances at the Thursday evening ten are at an all time high and the atmosphere in the Lime Kiln after the race is relaxed and happy.

Communication between the members is helped by technology but those who don't have email/ Internet facilities are brought into the loop by post or word of mouth.

Anyone who wants keeping bang up to date on arrangements for runs etc only has to ring the clubroom or any committee members to be informed.

With this positive vibe comes a spin off, an upsurge in new members who we are pleased to welcome and hope to see many of you attending the club nights on the second Monday of every month .Please feel free to pop in, there is usually some food available, also tea and cakes etc. See you there'

Jenny

Majorcan Training Week

All of a sudden it was time to pack a suitcase and head off for Majorca. Eleven of us in total, nine from the club plus Stuart's Scarborough based cousin (Andy) and cycling mate (Carl), got on a Saturday morning flight to Palma. We arrived a couple of hours later to a cloudy Palma airport and got into three taxis which then sped us quickly across to our hotel at Palma Nova.



Phil and Linda, Huw and Paul, Andy and Carl plus myself and Lee got rooms along the same corridor with great views of the Mediterranean Sea. Harv and Lisa were across the other side of the corridor and unfortunately next to the left luggage room. Understandably they lasted one sleepless night in that room before moving. Stuart was at the other end of the hotel completely. His next door neighbours, some German kids, made snoring noises behind his back to their parents when he passed them in the corridor.

After the customary gin and tonic at the bar and a huge buffet dinner, we ventured out to walk off dinner only to have to be forced to have another drink at a bar when it started raining. It threw it down on the Sat night but fortunately all was cleared up by Sunday morning when we got our bikes out of the hotel garage and set off in groups of differing speed for a 45 mile run to Port Andratx and back. This was the day that you got the idea of which group you needed to go in.

Harv, Phil and myself chose Group One. Philippe (who rides everywhere in 53, 11) led the Group out through Magalluf and Santa Ponsa to Calvia and beyond Es Capdella to where the first climb of any significance was. This was a very strong Group 1. Two guys in particular, unassuming Frenchmen in their late forties would proceed to tear the legs of everyone in that group all week. We later found out they had a string of impressive race results behind them and even Phillippe changed down a gear. Harv accelerated, I puffed and panted and Phil hallucinated on that first hill. We also had to put up with some erratic bike handling from some other Frenchmen. Both myself and Phil had near misses with them. They dropped down into Group 2 later in the week so were subjected to very clear universal language from both Stuart and an American lady whose voice was as strong as her great ability to climb.

By now the Scarborough guys had integrated themselves into the group very well and it was not long before we realised that our sides would be aching with laughter as much as our legs were aching with the hills. Give them an introductory sentence particularly on toilets (and any loosely associated matters), girls or bikes and they were away. Wind was another favourite subject. It caused the Monday ride to be changed at the last minute from the relatively flat route to Alaro to the Mountain route via Valdemossa. In hindsight, it's probably a good job as this change was sneaked upon us at the last minute before anyone had chance to think they couldn't do it. It was on this day that Group 4b led by Miguel Snr (well Lisa and Linda were in control really) emerged. I think this boosted their confidence enormously as Miguel taught them how to position themselves to ascend and descend. Linda and Lisa in return taught the group leaders how to stop for a proper length refreshment break. The girls also commented on the flora and fauna. All myself and Phil seem to remember trying to hold onto the back of a wheel, and keep sweat from running into our eyes. Stuart, Paul, Lee, Andy and Carl were getting their first ride with the one known as "flat head". They were to grow ever more fond of his company and demonstrations of bike handling technique through the week.

After the mountains experience, Linda and Lisa were in for another treat in the shape of the curly haired Russian masseur, Andrei. He was a man of few words apart from telling you to sit down when he meant sit up. The girls floated into pre-dinner gin and



tonics after their first proper cycling massages. Extras were restricted to an Indian head massage although an American lady was setting out her intentions to bag herself a mysterious Russian. I'm sure it was Paul drinking a Black Russian cocktail, plus the sun and the exercise that got Lee to dream that Paul had to impersonate a Russian Mafia Boss to help us rescue Linda and Lisa from the grasps of a gang of sex slave traders.

If you are wondering what happened to the American lady and the Russian. Nothing. The American lady was the subject of a CIA undercover operation by a cycling agent with a submarine in PalmaNova bay and a ball point pen supplied by Q division.

The wind, outside at least, dropped and the long flat run to Alaro was to be Tuesday's ride. I went down to Group Two as I wanted to survive the week. This was a long ride with its own Paris Roubaix style cobbles. I had no fears about changes in speed as the strong American lady would tell us when we were "slowing down". A much more relaxed day for me. Group One had been time trialling down the road. Phil (who needs a café stop) was frothing at the mouth when Group One caught Group Two but loving it really. The French contingent were making sure they were first to the top of any climb. Much satisfaction was gained from a Clarion victory in well timed attack on the last climb of the day between Calvia and the top of "breakfast hill". Breakfast hill so named as it starts about 1km from the hotel and normally replays who you had an hour or so earlier.

Tuesday was the last day of cycling for Phil, Linda and Lisa but they did at least have all day Wednesday to visit Palma. Myself and Harv joined them. It was a really hot sunny day and we struggled to find a lunch venue at the harbour. We did settle on a café in a square. Phil had a large dish of various fishes and Lisa drew our attention to a fine pair of knockers. They were on a massive old wooden door and not on the lady who was passing at the time.

Thursday was my favourite ride of the week, the Corniche. This takes you on a spectacular coastal route. It is glorious although still a challengingly hilly route. There was perhaps not as much time to take photos for first timers as would have been ideal. In Group 1 however, photos were for wimps. I'd already wimped out leaving Harvey to fly the flag for Nottingham Clarion. In Group Two, the guy on the Isaac frame (all the gear no idea had been written on the board earlier in the week) was getting stronger and working with his fellow countrymen at the front on any ascent.

Friday's ride was a new one for us all. Not the normal thirty five hairpin ascent and descent of Soller preceded by a drag up hill to Bunyola. This time after the Bunyola drag we climbed the road to Orient. A long challenging climb that was as tough as anything we had done that week. Care had to be exercised on the descent as you didn't want to go arse over tit on a bit of pollen.

I remember saying to Stuart when we were at S'Esglaieta on the return leg that it looked a bit dark over the coast. Three quarters of an hour later I was thinking at least when water gets into your shoes it's warm here. After climbing the Col des Tordes (known as something else to do with toilets that five pan fulls in a day was the record for the week), the road was damp. This prompted a slow descent and much putting on of gilets and arm warmers by those unhardened southern Mediterranean



types. As we climbed to the other side of breakfast hill the heavens opened and we all got a good soaking. The rain then stopped as suddenly as it had started. Although it did rain again at breakfast time on Saturday. This left slippery roads to be wary of. However, much of the entertainment was from Andy being taught how to pick up women in Spanish by Diego. I don't think I've spelt it right but it is better than what one of the American ladies got it into her head to call him. Anyhow, the line "Maria hethhh hethhh hethhh hethhh pethh hethhh pethhh hethhh" seemed a lot more complicated than Andy teaching Diego to ask an English woman for some rumpy pumpy.

So the week was quickly drawing to an end. Just time for one last lunch at MockuBar which seemed our watering hole of choice. Would there be any more chicken spaghetti pesto left on the island after that week. It was also amazing that we didn't get evacuated from the restaurant in a gas alert during the week. The resonance of chairs no doubt gave passers by the clue as to the source. So Andy, Carl, and Paul headed for the airport on the Saturday afternoon hoping not to experience a similar three hour delay as had affected Phil, Linda and Lisa on the Wednesday. Just myself, Stuart, Harv and, the stag, Lee, were left.

Lee's best man Mike arrived at the hotel on Sat and we got to know him by the pool on Sat afternoon before knocking him sideways with the "Ponent Mar" cocktail in the early evening. This is a Max the barman special and seems to have great quantities of everything alcoholic in it finished off with a sparkly stick. It's red by the way just like your eyes in the morning if you have too many. We did forget that a week of cycling, gin and tonics, wine and Drambuies had hardened us.

After a large dinner on Sat, it was time to head for Magalluf and have far too many beers, pass through the gates of heaven but be allowed back and shake it all up on the eighty metre tall reverse bungee that was the landmark of Magalluf. I had so much beer I had to have two kebabs on the way home. Mike fell into a pothole and walked into a tree. We eventually got back to the hotel around 4am. I think that used all our energy up as the rest of the holiday was spent doing a lot of nothing. An alcohol free Sunday was ended by the arrival of a Jamesons drinking Irish contingent who wouldn't take no for an answer. As our American CIA agent went on the hunt for likely single female suspects in the next batch of American cyclists to arrive, we headed for the airport. What a great holiday.

Tim

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

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

For Sale or Wanted

Ribble TT frame for sale.

20" Ribble custom TT frame in 731 oversize tubing, 76/73 degrees, power forks. In excellent condition with recent enamel, Chorus headset (threaded). £80

Also

20" AENDE low profile TT frame in 653 tubing. Curved top tube, Chorus headset (threaded). In excellent condition, complete with 650c front wheel (v. light 20 spoke Pete Matthews with Continental tub) - takes standard 700c rear wheel. £75

Contact Dave Smith regarding the above items.

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 Paul Harwood:



Cycling achievement most proud of?

Finishing 15th in the Viking Trophy RR on the Isle of Man in the early 70s. There used to be huge fields of about 150 starters with the first 20 getting



souvenir trophies. I had tried for several years, so it was a bit special when I finally got my little trophy with the Manx emblem.

Favourite bike or bike you would most like to own?

My Dave Lloyd track bike is my current favourite.

Cycling or sporting heroes?

Les West

Any other interests sporting or otherwise?

Walking, especially in the Lake District.

Favourite bike ride?

Anywhere on quiet roads around the Vale of Belvoir



Favourite Café food?

Used to be Margaret's rhubarb crumble, still searching for a substitute.

Steel, Aluminium, titanium or Carbon?

Always been Steel until my Dave Lloyd which is Aluminium

The ultimate cycling question – Campagnolo or Shimano?

Pre STI Campag, Post STI Shimano.

Tell us something we don't know about yourself:

I once ate 24 Weetabix at one sitting.

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

Happy cycling....