



Nottingham Clarion Newsletter

July 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 July 2006. This month it's been busier than a Spanish doctor's waiting room and 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

A reminder that 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.

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

Thanks to Alan Daniels for the interview later in the newsletter.

Press

Not a direct mention of our club but a picture of Alan Buttler, Discovery team Mechanic and guest speaker at our last Club dinner on www.cyclingnews.com:



Club Bikes

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.

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

From this Thursday 20th July the evening 10s are now back on our original course following the completion of the roadworks.

Nottingham Clarion Tour of the Peak 2

We will be organising a club run in the peak District possibly in August and starting from Matlock and covering around 70miles. Look out for further details.

Results and Reports

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

Darley Moor, Sunday 11th June

John and I did the Darley Moor Circuit Road Race on Sunday afternoon. Weather was hot with very little wind, which is very unusual for Darley Moor. Loads of 2nd cat riders turned up and a few sponsored teams so the pace from the off was very high. Went through the usual oh my god I'm going to die pain barrier to begin with, but had el presidentes words floating around my head of "Youth it will slow,"



very wise words from Gordon. It did slow and I managed to try and move about the bunch a bit. This consisted of moving to the front and sliding quickly to the back again, whilst sprinting out of corners like a nutter. Tricky stuff, keeping your place in the bunch. Both of us enjoyed it and John was hoping to see how this battering would effect him on Tuesday nights Matlock open event.

Will keep you posted as to how I do trying to keep my position in the bunch.

Sliding Backwards, **Harv.**

Tuesday 17th June Matlock CC Open 'The Grouse' 10 mile TT

1. Marc Mallender Rutland CC 21:39
2. Paul Callinan London Dynamo 22:03
3. Andy Woolf Nottingham Clarion 22:10
25. John Odell Nottingham Clarion 24:47 (pb at the time)
- Gill Henshaw long Eaton CC 29:03

Dark Peak Trailquest 17th June

Hot & sunny for a change, bike making lots of creaks a fettling in order for Mayhem next weekend, and I forgot my shades.

Apart from that quite a good day the event being over four hours I took in the western loop over to Hayfield & Chinley and picked up every checkpoint, With to final ones above Rushup Edge and Barber booth in Edale. A final thigh bursting climb over Mam Tor from Edale, (three gears to spare) and a grind back to HQ at oxtail farm above Castleton Final Points score of 180 points including a 5 point penalty for being late. Also picked up some impressive helmet suntan

Stu

Saturday 24th June VC Chesterfield Open 10 mile TT O10/2

1. Julian 'Rambo' Ramsbottom Scunthorpe Poly CC 19:42
2. Brian Jennings Yorkshire RC 19:44
3. Sam Barker API Metrow 19:46

9th equal Andy Woolf Nottingham Clarion 20:32 – **personal best** just outside Nottingham Clarion record of 20:31 set by Gary Wharton in 1994!





Leicestershire RC Open 10 5th July

Gary Harris 23-25 **personal best**
John Odell 23-58 **pb**
Paul Harwood 24-40
First was Matt Bottrill with 19-55

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 for that all important handicap trophy.

Forthcoming events for June / July

Where and when to see our riders:

22nd July VC Chesterfield open 10 mile time trial O10/2

22nd July North Notts Olympic open 25 mile time trial

29th July Melton Olympic 25 mile time trial

29th July Rutland CC open 10 mile time trial O10/2

5th August Heanor Clarion open 25 mile time trial slowest 120 entered riders A25/11

12th August Long Eaton CC open 25 mile time trial A25/11

12th August Sherwood CC open 10 mile time trial A10/14A women and juveniles preferred entry

13th August VTTA open 25 mile time trial

19th August Beauvale CC open 25 mile time trial A25/25

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

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

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



25 mile Time Trial re-run on the Long Clawson course Saturday 9th September at 11.00a.m. followed by BBQ.

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

We would also like to remind everyone of the forthcoming **Lighthouse trophy** event on September 17th. Although it is not a club event as such, for those that don't know about this race, it is an inter club championship for local clubs. The fastest three riders for each club count to win the lighthouse trophy. Sherwood CC are the current holders and so have the honour of organising this year's event. It would be great to have a big club entry for the race which is held on the 'Granby' 25 mile sporting course in the Vale of Belvoir.

Website

www.nottinghamclarion.co.uk

Club Clothing

The second order has now been delivered. A third order will be put together at the end of July / start of August. Members might like to place order for autumn / winter clothing so that it is delivered in time.

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;

Well, where to begin?

It's been an interesting month to say the least!

Road works and traffic lights continue to blight us for running events. The 3up course was to be affected, which in the end was irrelevant as the event had to be cancelled due to lack of entries. It wasn't the first, as Zenith CC had to cancel theirs too.

Since the most recent works on the evening ten course had made it unusable an alternative had to be found. A straight out and back with a turn in a factory gateway had been approved as a stop gap measure. This unusual turn needed to be marshalled to comply with the regulations so me and my trusty road cones were called upon to act as official turn marshals. Earlier in the day Paul and I had been out



to the turn and brushed away the excess gravel from the turning point and marked the position for the cones. I had rushed home from work to go out with Paul complete with yard brush and road cones, much to Bens amusement as he looked in the back of the car and exclaimed " I'm not even going to ask", you would think he was used to us doing peculiar things by now! Anyway the event went off without incident apart from Derek Foot who was unfortunate to get a pedestrian who insisted in crossing the gateway just as he was approaching. So that was Thursday, what on earth would the Tuesday night 25 bring? Rain is the main answer to that, once again I took up position in my little yellow jacket (fashion never was my strong point), and large lilac umbrella (thank goodness for that) and proceeded to point the way for the riders much to the dismay of the locals. Most riders made it round the entire course with notable exceptions whose warm cars and adjacent houses were just too much of a temptation! Some even did a longer version of the course (you know who you are lads).

The only other person who didn't make the finish was Tim who punctured and ended up in the bus shelter in Hose awaiting rescue.

Paul and I went to see if Tim was ok and offer him a lift back to his car, our vehicle was packed with numbers, coats, clipboards and bikes so I suggested that they left me and Paul's bike in the shelter whilst Tim was whisked with his machine to the relative warmth of his car. Big mistake I thought as I stood there alone "maybe that would be the last I saw of anyone" I was there with no money or way of getting home, then a glimmer of hope, I knew that my husband would definitely return because I had his bike hostage!! So all in all an eventful couple of days in the life of the club marshal. (I missed out on the tales from the changing room, with the 3up being cancelled, but maybe next time)!!!!

Jenny

Overheard in Freewheel on a recent Saturday...

Assistant to manager - I think I've just lost us a customer.

Manager - What's happened?

Assistant - This woman just walked in and asked "That Trek Madone 5.2 in your window reduced from £2,100 to £1,750; was it always that price, or did you put the price up, then reduce it?"

- I told her that it was last years model so we have reduced it from £2,100 to £1,750 to clear the stock.

She said "My husband bought exactly the same bike from here and told me he only paid £750 for it."

- I've called her husband and left a message on his answerphone to call Freewheel urgently, before he goes home...

Ouch!

Gordon McGowan



Tales from the Tour 2006

Harvey, Lisa, Sarah and I flew to Bordeaux on Monday 10th and then drove to our campsite near Biarritz. The next day we drove to the Stage finish in nearby Dax. We were really lucky to find a parking space outside a café showing the Tour on TV and only a few yards from the course. We saw a Matlock CC rider pass by. Then we positioned ourselves on the course just before the 3km to go sign and just before the riders got into the very crowded and twisty streets of Dax.



For anyone who has not seen the Tour live, the sheer size of the organization is the first thing that that impresses. There are constant vehicles and Gendarmes passing by. Then the Tour publicity caravan hits town. Half an hour of the strangest collection of vehicles you will ever see all spreading all manner of junk to the crowds lining the roads. Ever wanted to see a motorized cheese spread? – then go watch this.



As for today's race, the breakaway of three riders were caught just 0.5 km from us and we were treated to a swarming mass of riders flying towards us from between the tree lined road led by a Liquigas rider desperately trying to stretch the peleton out before the tight right hander over the bridge into Dax. Oscar Freire was the winner of today's stage.

Afterwards we slowly made our way towards the finish area. Just by chance as we were crossing the bridge, riders started making there way back down the course to try to find their team buses. Discovery rolled past with George Hincapie at the back. Then a couple of Liquigas riders (Garzelli was one them) stopped right in front of us



to ask directions from the Gendarmes. Harv and I admired their bicycles. Lisa and Sarah stood motionless, ice creams in hand just admiring!



'The dark side of groupies at the TDF'

Further across the bridge some Saunier Duval riders appeared including David Millar. Harv and I gave him a shout and he waved back. Other teams rolled by including CSC and then Magnus Backstedt (honorary Welshman) appeared. Harv and I gave him another shout and we got a big smile and wave back – seems like a nice bloke!



Bram De Groot chatting at the finish

We decided the next day the try to get to the start at very nearby Cambo-Les-Bains. As we drove there we got caught up in the cavalcade of team vehicles also heading to the start. We followed the Liquigas coach and team cars until they were directed onto their own private route. For us, this morning was less successful as we couldn't get to the start line and instead of just watching the rider roll past in the neutralized start zone we decided to head 60 miles or so inland to the Pyrennees and the Col Du Marie Blaque.

We managed to get to a village at the foot of the climb and park at the side of the road amongst the hundreds of cars in the village. We then walked two kilometers up the climb whilst dodging the suicidally driven motorized water bottles and the like.



We positioned ourselves on a long straight of the climb and settled down for a picnic. After about an hour we became aware of a droning noise becoming ever louder. The road suddenly became busier with motorcycle outriders with flashing blue lights. Then a low flying helicopter suddenly flew over the ridge line with a roar its TV camera pointing downwards at the breakaway group of riders flying up the climb (including eventual stage winner Mercado). Ten minutes later the lead peloton group containing all the GC contenders appeared. Behind this a cavalcade of team vehicles which slowed next to us as they passed. One of them was a Discovery vehicle with its window down. Peering in I recognized Sean Yates and Harv and I shouted to him in unison. He was already looking at our club tops and gave us a broad smile and thumbs up as he rolled by.

Minutes later the 'autobus' appeared led by a chatting Magnus Backstedt and Tom Boonen which made the girls very happy to get a clear view at close quarters!



It's not difficult to keep up with the Tour in France as you can usually find a café with a TV on as we did in Biarritz on the Thursday. Failing that you can always buy L'Equipe daily which usually has about six or seven pages on the Tour. It's nice to see that football, tennis and motor sports get relegated to other coverage to the rear of the paper.

If you get chance, I can recommend seeing the Tour live.

Andy

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

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 Alan Daniels:

Cycling achievement most proud of?

'2nd in 5 mile and 1 mile CTC grasstrack championship at Matlock football Ground in 1955'

Favourite bike or bike you would most like to own?

'Trek Madone SS'

Cycling or sporting heroes?

'Lance Armstrong and Fausto Coppi'

Any other interests sporting or otherwise?

'Railway preservation'

Favourite bike ride?

'Anywhere in Derbyshire'

Favourite Café food?

'Beans on Toast'

Steel, Aluminium, titanium or Carbon?

'Carbon'

The ultimate cycling question – Campagnolo or Shimano?

'Shimano'

Tell us something we don't know about yourself:

'Formula 1 Senior Stock Car Driver 1966 to 1972'

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

Happy cycling....