



Nottingham Clarion Newsletter

October 2006

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Newsletter Editor Andy Woolf

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

Website: www.nottinghamclarion.co.uk

Welcome to the Clarion newsletter for October 2006.

Club News

New Members

Welcome to anyone?

Congratulations

To Gary and Ros on the birth of Felicity on the 1st October. Gary and Ros tried hard not to come up with a cycling related like Lance, Eddy, Nicole etc. but not to be put off still found inspiration from Felice Gimondi the 60s Italian professional!

Clubruns

We are now formalising the weekend club run to every Saturday, meeting at 10.00a.m. at the Lime Kiln PH. This is to give the club a regular meet that everyone including new members can turn up and ride. The ride will be tailored to suit whoever attends.

Around this basic ride we will be proposing variations such as Peak District rides and we will still be organising Sunday runs for those who would prefer that day.

If you want to go out at the weekend you can still either just reply to the e-mails or phone Tim Fahy or Paul Harwood.

Manchester Velodrome trip

The trip was a huge success. There is a write-up and there will be some pictures on the website soon

World Track Masters

Paul Harwood recently competed against an international field in the World Track Masters at Manchester. Jenny has kindly given us a write up later in the newsletter.



World Masters Championship Austria

Gordon Baker and social member Gill Henshaw recently competed in the World Masters Championship in Austria. Gordon had a bit of a 'mare, puncturing after only 2 miles of the Road Race but he did compete in the Time Trial but had a fantastic time.

Gill (Long Eaton) had a very successful time finishing 6th in the World Cup Road race, 6th in the Time Trial and 6th again in the actual World masters Road Race.

Congratulations to Gill not only on her success at the World's but also for setting a new Ladies age related national record for 10 miles (and a personal best) in the recent VC Chesterfield 10 mile time trial with 25:26.

Ghent 6 Day trip

Dave Smith is organising a trip to watch the Ghent 6 day track event from Friday 24th November to Monday 27th November. Please contact Dave Smith if you are interested and would like further details.

Dave & Kath house-warming party

It'll be on Sat 21 October from 5pm for anyone from the club who wants to come (inc families etc.). FREE food will be laid on but we'd be grateful if people would bring drinks with them. We are at 14 Main Street, Wilsford NG32 3NP (4 miles from Sleaford, just off the A153 Grantham-Sleaford road).

We will need to know numbers by the next club night (9 October) as we are on holiday just after and won't be back until the 20th. Could people let us know by e-mail (or otherwise).

There is an option to stay overnight if anyone wants to bring a sleeping bag (that's bedding, by the way, not a female companion) and to go out on the Sleaford Wheelers club run on the Sunday.

It goes from Sleaford market place at 9am towards wherever the head wind is. It's always out to a cafe stop and then back to Sleaford; generally about 60 miles at a decent pace but they sometimes have a slow group as well, depending on who is out.

All the best

Dave

Nottingham Clarion Rudy Project Time Trial event 2007

The Club will be holding a round of the popular national Rudy project Time Trial series on the 21st April 2007 on a sporting course – further details to be announced soon.

Club Nights and Committee meeting dates

Next Club Night and Committee dates are Monday 13th November and Monday 11th December at Pumpstation House. All welcome.



Thank you's

Thank you to Gary for organising the velodrome trip.

Thanks to Stuart for the interview later in the newsletter.

Thank you to everyone who helped in the organisation and running of the 'Goose Fair' 25 mile TT

Press

As mentioned in last months newsletter, Gordon won a VIP hospitality prize to Stage 5 of the Tour of Britain and presented the King of the Mountains jersey to Andy Schleck of CSC which was shown on the BBC Grandstand TV programme. Here is a picture:



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.

Nottingham Clarion Graphics

Nottingham Clarion decals – CAD Vinyl cut in one colour (at the moment)

Car window stickers these will be done in reverse so they look correct when looking into the car. Red, White or Black

If you want a different font then let Jason know.

www.nottinghamclarion.co.uk

www.nottinghamclarion.co.uk

www.nottinghamclarion.co.uk



Also there will be chance to get the club logo on a window sticker



This image is a bit rough, however it will be tidied up for the window sticker.
Available in Red, White or Black

Bike Stickers

Club - You may have seen some local riders around with club stickers on their bikes. The proposal is to get some stickers produced in a vertical orientation for forks and chainstays and in horizontal orientation for top tubes etc.

Along the same lines as the web address stickers above.

Personal – Quite a few folks have matched the pro's and customised their machines with their names.

The proposal is along the same as those shown in the pictures below



These can be in any colour and font to match your requirements.
Price will be dependant on the amount of interest.
I have been given initial prices of

Car Sticker (web address) £2

Car Sticker logo £2.50

Bike sticker (web address) £1 each

Personalised name £2 (includes 2 name stickers)

The guy doing them is local so turn around time should be fairly quick.

Jason



Club Dinner

Come Dine with Me(and the rest of the club)

The next club dinner has been booked since the week after the last one.

Most people thought that the venue of the Yacht club suited our requirements well, so we got in early and booked again for next time.

The date will be Saturday the 3rd of February 2007, so plenty of time to save up those pennies.

With the dinner falling at the time of year when everyone is recovering from the indulgences of the festive season and the arrival of the associated credit card bills, I thought it might be worth a mention now to prepare members for the occasion.

We are expecting numbers to be up on last year with all the new members we have attracted this season.

For this reason we have decided to make it possible for you to book and pay early to avoid the expenses of Christmas etc.

These payments can be made in full or a deposit and instalments to help budgeting where required.

Numbers will be limited so book early to avoid disappointment.

Prices remain the same as last year @ £20 per person.

A full carvery menu and bar will be offered, similar to last year, with an informal feel to the evening, incorporating the all important prize presentation and possibly a special guest as last year.

Anyone wanting to secure their places for this event, please contact me directly @ the clubroom on 01159118183 or by post to Pump Station House, Daleside Road, Nottingham NG2 4DH (cheques made payable to Nottingham Clarion CC) or email jenny.harwood@ntlworld.com

Thanks,

Jenny



The Annual Nottingham Clarion Dinner and Prize Presentation
Saturday the 3rd February 2007
The Park Yacht Inn
Trent Lane
Nottingham
NG2 4DS

NAME	ADDRESS	Number of tickets

Payment in full or instalments by cash or cheque
(made payable to Nottingham Clarion CC)

Please send to
Jenny Harwood
Pump Station House
Daleside Road
Nottingham
NG2 4DH

If you have any queries, I can be contacted at the above address or on
Tel 0115 9118183 or email jenny.harwood@ntlworld.com

Hope to see as many of you there as possible, this will be a chance to relax and swap recollections of the last season and look forward to the next. Please feel free to bring along friends and partners too.



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.

Notts and Derby Cyclo Cross league – the Cyclo-Cross season is here and the local league details are on <http://www.sisndcxl.org.uk/> (Mountain bikes are permitted in events which are non-national level)

Results and Reports

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

Sunday 17th September ANDCC lighthouse trophy Open 25 mile TT on the Granby Course

- 1 00:54:33 Jonathan Hunt (Sherwood)
- 2 00:54:47 Nigel White (Sherwood)
- 3 00:55:55 **Andrew Woolf (Nottingham Clarion)**
- 4 00:55:58 Ashley Long (Coalville Wheelers)
- 5 00:56:14 David Yates (North Notts Olympic)

Top handicap results:

- 1 00:50:34 Matt Sinclair (Leicestershire RC)
- 2 00:51:46 **John Duckworth (Nottingham Clarion)**
- 3 00:52:21 **Gary Harris (Nottingham Clarion)**
- 4 00:52:38 Daniel Gee (Ashfield RC)
- 5 00:52:57 Kevin Willers (Sportstest.co.uk)

Team times (fastest 5 riders on actual times qualify):

- 1st: Sherwood CC 04:47:46
2nd: North Notts Olympic 04:56:29
3rd: Nottingham Clarion 05:05:39

- 1 00:55:55 Andrew Woolf
 - 2 00:59:31 John Duckworth
 - 3 01:02:06 Gary Harris
 - 4 01:03:46 Jason Swann
 - 5 01:04:21 Harvey Norris
- Stuart Waller 1-5-34
Dave Smith 1-6-13
John Odell 1-7-27
David Ashworth 1-10-30
Kathy Smith 1-10-32

Ashfield only had 4 riders complete the event.



London Duathlon 2006 – Sam's 3rd Duathlon.

I was looking forward to the weekend ahead, it was all well planned out. I had booked my hotel in Richmond months before, just 5 miles from the race registration so I could get down to London early Saturday evening and relax. How wrong could I be! I went to work on the Saturday morning stopping off at my parents house on the way home with the intention of setting off for London at about 6pm. So 4 O'clock comes round and I leave the parents house to go and fetch my pre-prepared kit (it was all going so well), half way home at the back of the Forest ground the clutch goes on the car no warning or anything. So I call out AA and wait what seemed like an age to be told - 'sorry miss it's a specialised part, you will need to order it' - ahhhhhhh! At this point the Forest fans have started to pour out of the ground and the likely hood of me going anywhere within the next hour was slim to none.

The car was towed back to my mum's house and the nightmare began of trying to find me a car. After ringing every local hire car place I could think of my mum had a stroke of genius and took me to the airport where I finally managed to get a hire car and be on my way. I hit the motorway at around 18:20 feeling somewhat stressed and very very hungry - so much for my carb loading the night before. I managed to grab a tuna sandwich at a service station.

I finally arrived in London only to realise that I had forgotten to bring the map book - doh! Clearly someone had taken pity on me as stumbled across the hotel by pure chance. I checked in and fell into bed, all too soon the alarm clock was waking me up and I realised that they hadn't collected my order for breakfast. So stuffing my face with perhaps the worst tasting energy bar in the world (what do they make those things with, concrete?) I jumped into the car and drove around the perimeter of Richmond Park looking for the car park.

Arrived at the start line and off we went, surprisingly I felt quite fresh. I ran up the first hill feeling comfortable but had unwittingly been dragged into racing with one of the Australian team members (what was I thinking). The 5K marker suddenly arrived and I looked at my watch to see 18 minutes, I knew then that it was all going to go horribly wrong but hey while I could keep pace with this woman I was going to give it a good go. First water station, grabbed a drink and managed to spill most of it down my front and choked on the rest (hmm attractive). At the 8K marker I was starting to suffer, praying for the transition area to be over the next hill but getting that sinking feeling as it still wasn't there when we reached the top. The sight of my bike at 10k and 39 minutes was a glorious feeling and I trotted out of transition with a new lease of life. Onto the bike and over the first mild undulation feeling great, then oh my god I swear the swiss alps were in front of me! I had somehow managed to block this hill out of my memory from last year, frantically changing gear into my little ring I made it over the top and away I went. Luckily for me there weren't any supporters on the hill which made me look really quick on the bike as I flew past the spectators on



the flat straights. The second loop on the bike was entertaining as I started to lose my voice shouting at novice competitors to 'get out of the way' as they weaved all over the road, one cheeky sod even tried to draft momentarily.

Sensing my impending doom I found myself slowing down as I neared transition for the final run. It took me an age to take my cycling shoes off, put the trainers on, take my inhaler, have some go gel (which didn't work). I staggered out of transition doing a very bad impression of someone trying to run. The first gradual slope ruined me completely, my left knee started complaining shortly followed by unbelievable pain in my left hip (I can only think that my running style now resembled that of an extremely drunk person staggering home after a night out). 3K in, I really wanted to die wrestling with thoughts of 'I could just stop now and say I had an injury' or 'why didn't I get a puncture on the bike'. My position of 19th place was slipping fast and I wished I had actually done some run bike run sessions this year. A water station at long last, the guy held out a plastic cup which I managed to knock out of his hand and now looked like I had wet myself (looking forward to seeing the finish line photo). I was ready to give up now but spotted the 4k marker, and mentally prepared myself to crawl across the finish line but I was there I had made it.

Total time 1hr 50:23 47th place. Never again (until next year)

Sam

Southwell Triathlon 24th September 2006

Gary finished in 74th position with 1:02:20 and was 13th fastest on the bike section

London to Brighton Bike Ride

Hello everyone

I would like to pass on my thanks to everyone in the club who was kind enough to sponsor me for this years London to Brighton Bike Ride on behalf of the British Heart Foundation

My total sponsorship money came to **£558.00p**.

Once again thanks so much for sponsoring me, I am sure you will agree it went to a very worthy cause. Next year I am planning something a little more challenging, so either Pete (the Pocket Rocket) or myself will be attempting to drain your coffers once again (hold off on the purchase of the carbon frame).....

Kindest regards

Phil

Nottingham Clarion ' Goose Fair' Open 25 mile time trial 7th October 2006

1 J Ramsbottom Scunthorpe Poly 53-01

2 I Dalton Cherry Valley RT 53-52

3 S Povey Shirley RC 54-01

4 A Long Coalville Wh. 55.43

5 R Oakes Go Sport Spex RT 55-51

Dave Smith Nottingham Clarion 1-05-19



Monsal Head Hillclimb 8th October 2006

1. John Hey West Pennine RC 1:29.3
 2. Adam Blythe Pinarello RT 1:32
 3. Chris Storer Ashfield RC 1:34
- Harvey Norris Nottingham Clarion CC 1:57.4
(Course record: Malcolm Elliot 1981 1:14.2)



Harv gives it some 'Moreau' with his tongue out, Stu and Lee at the top of the hill.

Monsal Head Hill Climb

Can't believe I'm about to say this but I did enjoy it, fantastic atmosphere with some sponsored riders turning up to compete. Started off with a tree lined flat section which caught me out a bit, didn't hammer it enough. Then hit the slope which is pretty constant. About 2/3 of the way up after trying to find the right gear you leave the trees and out into the open. At this point I thought sod it, got out of the saddle and powered it to the top riding through the crowds, people yelling, definitely heard Stu and an MC with microphone. Started off too slowly, fluffed the gears at the halfway point but got it together for the last bit almost crashed into a load of spectators after the finish line.

I did feel as though someone had sandpapered my throat / lungs though. Will do it on fixed next time.

If you ever wanted to know what a mountain top finish is like, give it a go, all ages, shapes and sizes did.

1.57 about 20th out of 65

Harv



Forthcoming events for October / November:

Where and when to see our riders:

15th October Nottingham Clarion Club hillclimb championship – Stathern Hill
Ashfield are bringing a few riders over to do some private trials.

22nd October Matlock CC Riber Castle Hillclimb

29th October Melton Olympic club hillclimb Harby Hill 11.00a.m start after the freewheel contest down the hill at 10.30am! We have approached Melton and they are happy for us to enter this event.

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 / 2007

Future club events this year:

See hillclimb championship details above.

The Club dinner is on Saturday 3rd February 2007 – all welcome although not sure if we will have a 'blue' comedian as before. Usually an entertaining evening and a chance to disparage those who have won silverware.

Website

www.nottinghamclarion.co.uk - now updated with news of the velodrome trip. A members discussion forum is proposed for the near future so we can all keep in contact and arrange club runs etc.

Club Clothing – Clarion in the pink!

The new pink kit option is available. If you are interested in ordering, contact Andy Woolf.





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.co.uk for details on sizes, prices and types of garments.

Social

Second Monday of every Month at the Clubhouse 8.00p.m..

Readers Articles

Jenny's Musings/Blog:

With the last evening ten "done and dusted" I thought it was time to hang up the clip board for the season and put away the numbers until next year that was until I was asked by Phil to time the club 25 around the Vale of Belvoir because Mick was on Holiday. Not quite having achieved my solo flying status I was glad to learn that my "trusty Sidekick" (Paul) had decided not to ride the event with it being so close to the Masters Championships. What a sigh of relief as I still needed practice at being able to write down times and get down the correct numbers in the right order to make sure everyone gets their proper time. To help with this I asked the riders to make sure that they shouted their numbers when crossing the finish line to aid this process. It was commented that I was much bossier than Mick ever was. Not that it made much difference since most riders forgot altogether with a few exceptions the most notable being Tim who shouted No7 every time he passed me on the course (mind you he did work at Boots for years!!!!!!!!!!). Once all the riders were back and the times double checked we all congregated at Phil and Linda's house for an afternoon BBQ. There was a great turnout, as always the food provided by them and Kathy's desserts went down a treat all with copious amounts of liquid of one sort or another (in my case organic cider, no change there then!). It was lovely warm weather which was just the "icing on the cake". I spent the afternoon cuddled up with the neighbour's cat that after being fed by Lee and Stuart (who nearly lost a finger for his trouble) and numerous others, seemed to want to settle down on a friendly lap. We whiled away a few hours before returning home to contemplate the next important entry in the diary a day at Manchester Track on the Wednesday of the following week.

___ Ahhh September a quiet month, at least that's what I thought! Not so this year as it has involved numerous Manchester based training sessions for the Masters Track Championships and the big event itself.

The 13th September dawned, the alarm went off at 5am, and we were in the car by 6am having double checked we had all we needed. A long journey followed with the usual traffic jams we had become accustomed to. Arrival was a little later than expected but we still had plenty of spare time which was handy as Paul pumped up his racing wheel and it decided to puncture with a rather loud BANG!!!!!!!!!! The air was blue for a moment, not sure whether this was due to the puncture or the language! Anyway onward and upwards, we had better go and register and get the all important accreditation which allows us free movement inside the Velodrome for the whole event. With all this done, it just remained for us to find a seat and settle in, not an easy job as it turned out, due to this being day 3 of a 6 day event most seats had already been occupied by bags or bike equipment left overnight by other competitors.



Working on the assumption that “Bums keep chairs not bags” (or towels in the case of the Germans!) we settled into the only 2 chairs we could see weren’t obviously taken. With it only being 8.30 in the morning most competitors hadn’t arrived yet and we had been told by the officials that no area was out of bounds to us. So Paul went off to sign in for racing etc and I kept the seats. The warm up session was well under way and Paul joined in as soon as he could so I sat reading the programme. It wasn’t long before I realised just who were to be our neighbours for the day, we had only “plonked” ourselves smack in the middle of the enclosure which contained all the world champions from the USA (“lovely”! Americans I thought to myself). It turned out that were sitting with Kenneth Williams and Woody Cox (great names), each one the gold medal winners in their discipline, so no pressure on Paul then! They seemed a bit “miffed” at first to have us among them but I soon talked them round and got them chatting(well as much as world champions do before a big race!!!!). Paul’s race was quite early and the officials came to find him as he had registered but they weren’t sure who he was or where he was sitting (with all the Americans medallists of course!). Once found he received his pre-race instructions and he was set to go. There were an odd number of riders so Paul had been drawn to go it alone on the track rather than in a pursuit as is the norm. He went and sat in the “hot seat” and a buxsome girl came and relieved him of his machine and thrust it into the starting gate after asking for instructions as to the position he wanted his pedals for the start. He got a good start and powered round for the full 8 laps and notched a very respectable time of 2 minutes 49 seconds. I was wishing at this point that I had taken a camera as the giant board with his name and lap times on it was lit up!(even a dunce photographer like me might be able to get a non-moving object in shot, I’m not too good with moving targets and cameras). A little Ecuadorian man had asked me earlier to take a picture of him and his bike in front of the screen. He couldn’t have asked anyone worse, but when he said ‘por favor’ I just had to give it a go! This little chap turned out to be one of the 3 people who Paul beat, not bad as he had been expecting to come last in the group. We had a great day, after Paul’s race we went into the stands to watch the rest of the proceedings including the point’s race with Malcolm Elliott and Sean Wallace, “blimey those boys don’t half shift on the boards”. All in all a good time was had by all, roll on the European Masters next year (no Americans or Aussies in sight!).

More track tales were to follow for us when the club hired the velodrome for a private coaching session organised by Gary. It was a nice bright sunny morning as we set off to pick up Greg and Danny, the four of us and two bikes set out for the day. The motorway was slow going because of an accident but we arrived with enough time to grab a quick snack from the Asda store opposite the velodrome. We all piled out, with bags and bikes and were joined by Julian who had bombed down from a holiday in the Lake District to be with us. Sam and Darren had arrived earlier and were already changed and rearing to go. Everyone else arrived soon after and they all got signed on (after gobbling down sandwiches etc) and their bikes prepared for the exploits ahead. The sight of the huge track stretching out in front of them caused a few worried looks at first, but without exception everyone became more relaxed and enjoyed the session led by the coach Graham. I’m sure someone else will take you through the day in more detail, suffice to say everyone did really well and a good time was had by all.

Bye for now, see you next time

Jenny



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 Stuart:



Cycling or sporting achievement most proud of?

I did the CTC millennium challenge London to York -221 miles I think that's the hardest thing I've ever done. I got 2nd in a TLI race once, managed to stay in the bunch to the sprint and rode round everyone in the group except one guy who got off the front while I was hiding at the back.

Favourite bike or bike you would most like to own?

Hmm.. one of them top end Bianchis, either titanium or white carbon, if they are anything like my current one -laid back & comfy just like me.

Cycling or sporting heroes?

Mario Cipollini for combining flash showmanship with real talent. Marco Pantani (good haircut) & beating Armstrong on the Ventoux. I for one don't believe Armstrong gave him the win.



Any other interests sporting or otherwise?

Apart from cycling I don't really like sport . Music - I play guitar mainly for my own amusement, Claudia, (daughter) thinks I'm wicked. Also beer, hedonism & sleeping. I 'll spare you any more

Favourite bike ride?

After today's ride to Monsal Head this is easy: the last 200m to my front door!

Favourite Café food?

Anything, provided someone else pays

Steel, Aluminium, titanium or Carbon?

Titanium to match my wristwatch, also because I haven't got any (yet)

The ultimate cycling question – Campagnolo or Shimano?

Money no object: Campag - real world Shimano

Tell us something we don't know about yourself:

Years ago I learned Greek with a plan to make a career of building Villas in the Greek islands, unfortunately it didn't happen

Send your pictures, news, reviews, views, and articles to news@nottinghamclarion.co.uk

Happy cycling....