



Nottingham Clarion CC Newsletter

June 2008

Club Secretary Paul Harwood (0115 9118183)

Newsletter Editor Andy Woolf news@nottinghamclarion.co.uk

Clubroom Pumpstation House, Daleside Road, Nottingham NG2 4DH

Website: www.nottinghamclarion.co.uk

Welcome to the Club newsletter for June 2008.

Club News

New Members

Welcome to new members Alex Weightman, Ellis Dudley, Michael Campbell, Richard Plimmer and Rachel Hardcastle. Welcome back to Darren Buckby who has rejoined us.

Thank You

Thank you to Lisa Nelmes for the interview later in the newsletter.

Clubruns

We continue with the standard weekend club run every Saturday, meeting at 10.00a.m. at the Lime Kiln PH. The ride will be tailored to suit whoever attends.

To tie in with the Go Ride club initiative and also the start of the Tour de France, we have a **social ride planned on July 5th** for younger, older, non-competitive riders and those who would just like an enjoyable bike ride!

Please use the website forum for proposing rides or checking when people may be out for Sunday or other weekday rides. For those without Internet access please phone Paul Harwood for the latest.

Future Club Nights and Committee meeting dates

The next Club Night and Committee date will be at 7pm **Monday 14th July 2008** at the Park Yacht Inn, Colwick

Club Membership 2008

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

To join Nottingham Clarion simply download the membership form from the website (see <http://www.nottinghamclarion.co.uk/about/join.html>)



Media

The club is being promoted on the British cycling website as part of the Go Ride programme with a link to our website.

Go Ride

Our Go Ride Sessions started on Wednesday 11th June, 7.00pm at Holme Pierrepont, and are every Wednesday thereafter, meeting near the café at the Country Park.

http://www.britishcycling.org.uk/web/site/BC/clu/News2008/20080604_Go-Ride_up_and_running.asp

Go Ride is aimed at providing fun cycling activities for young people (6 to 16 year olds) of all abilities to hopefully encourage the next generation of cyclists. We will link up with local schools and coaches to provide an introduction to cycling in a safe environment at Holme Pierrepont. The Club are currently considering an action plan of what we would like to achieve in the next 5 years so any comments, ideas, and help would be much appreciated. If you want to find out some more, please have a look at www.britishcycling.org.uk or www.go-ride.org.uk

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:

Have a look on the website forum for all the latest results and reports. It's difficult to keep track of what everyone is up to so apologies if I miss anyone out!

Evening 10s are being well attended with plenty of personal bests and a new ladies course record from Sam. The evening 10 league table will be published in the near future so you can see how you are doing.

In the South Pennine RC 25 on the 10th May, a fast course with good conditions led to many personal bests:

Jason Swann 54:55 PB

Phil Hurst 55:28

John Odell 57:53 PB

Sam Lea 58:45 PB **New Club ladies 25mile Record!**

In the Women's National 10mile Time Trial Championship:

Sam Lea 23-07 **New Club ladies 10mile Record!**

Chris B 33-44

Gill Henshaw 27-29

Winner Julia Shaw 20-32

Heanor Clarion 10 mile TT 7th June:

3rd Darren Buckby 21:14

John (Me) Odell (Us) 23:32



First was Barry Charlton (Lyme Racing Club) 20:46

Women's National 25 mile Time Trial Championship on 8th June:

Chris B 1:32:23

Gill Henshaw 1:13:44

Winner Sharon Laws Team Halfords Bikehut 57:04

City RC Hull 10 mile Time Trial - won with a 21-21, in 3rd place with 21-39 was Carl Martin from Scarborough, well known to any Clarion members who went on the Italy trip or previous Majorca trips

Paul Harwood 23-41

Gordon Baker 25-22

Gill Henshaw 25-41 - Gill broke her age record again!

Sherwood CC Open 10 mile TT 14th June saw a great club turnout and some fast times:

Jason Swann Nottingham Clarion CC E 21-31 (Category E winner)

Gary Harris Nottingham Clarion CC F 22-49

John Odell Nottingham Clarion CC I 23-22 (Category I winner)

Samantha Lea Nottingham Clarion CC W G 23-28

Paul Harwood Nottingham Clarion CC I 24-50

Chris Beal Nottingham Clarion CC K 31-39

Gill Henshaw VC Long Eaton W J 26-53

(Winner was James Perkins Zenith CC with 19-50)

On Tuesdays at Mallory Park, Stu Pryce got a 4th place and Nathan has been riding, while former member Blake riding for GoSportsSpex has now won 3 of the races and collected other placings to gain him his 2nd category racing licence. Stu Pryce also got a 2nd place at the Heanor Clarion circuit race and is also closing in on his 2nd category licence.

Members have also been active in the Sportives, taking part in the Etape Du Dales and the White Rose Classic.

Club Road Race Championship

The Club road race championship will be awarded on the basis of best performances in multiple events. All categories and ages, men or ladies are eligible, all you have to do is submit you ten best road race finishing positions for 2008 and we will see who has been the most consistent over the year. This includes road races other than British Cycling, so veteran's events, TLI etc. count as well.

Forthcoming Club Racing events 2008:

Evening 10 mile time trials

Every Thursday evening at 7.15pm until Thursday August 14th at 7.00pm

Thursday August 21st 'Bob in the Hat event' 7.00pm (does not count as part of the Club 10 Championship)

course profile here:

http://www.nottinghamclarion.co.uk/courseprofiles/limekiln_10.html



All welcome to have a go on the quiet Lime Kiln course and test yourself against the clock. It doesn't matter what bike you ride, or how unfit you feel, just set a time and try to beat it next ride! All times are recorded for the overall championship (5 fastest rides count) and also for the Club handicap prize.

Due to an increased levy from the Time Trial governing body CTT, we have had to raise our entry prices slightly. Entry for each TT is £2.50 or you can pay £15 for entry to the whole series.

Following on from the success of the 'Athlete's' 10 last year, we have decided to designate one of the evening 10s a 'lottery 2-up time trial' as a bit of fun. We will draw names from a hat to decide each team of two - date is **Thursday 31st July**

Club evening 25mile Time Trial

Tuesday 22nd July 7.00pm starting near Hose in the Vale of Belvoir and continuing on a circuit of the quiet lanes – there is a club trophy on offer to the winner!

Course profile here:

http://www.nottinghamclarion.co.uk/courseprofiles/TOUROFTHEVALE_25_CourseProfile_NottinghamClarion.pdf

Local Road Race events 2008;

See the forum here <http://www.nottinghamclarion.co.uk/forum/viewtopic.php?t=466>

Central and North Midlands District Open Time Trial events 2008;

See the forum here <http://www.nottinghamclarion.co.uk/forum/viewtopic.php?t=465>

Website

www.nottinghamclarion.co.uk - updated by our Webmaster John Odell.

www.nottinghamclarion.co.uk/forum - website forum for the latest daily news

Club Clothing

We now 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%. 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 our new venue of The Park Yacht Inn, Trent Lane, 7pm onwards



Readers Articles

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

Samantha Lea's new Cervelo P2C which she has been putting to good use and taking the ladies club records for 10 and 25 miles.



'After a complete nightmare getting the frame ordered and delivered I finally got my bike built! The frameset is a Cervelo P2C with shimano 105 groupset and pro missile bars with the straight extension. The saddle was donated by Scott at pro-bikes and came off his Pinarello Prince. The wheelset are Corima deep sections with a carbon hub, although I had to remove the yellow decals on them so that they matched the bike :D To finish it off I added some white look keo pedals.' **Sam.**

If anyone has a favourite bike of any type or age, perhaps it has some history, please send us a picture and a bit of a write-up



'Blown off by the bunch'

This month our spotlight falls on **Lisa Nelmes**:



Lisa at the top of Alpe D'Huez in July 2005

When did you start cycling?

2005. Providing support vehicle services for Harv and Andy during the Etape du Tour 2004, the (alleged) news that Sheryl Crow had climbed Alpe d'Huez in 90 minutes, and several large glasses of wine led Sarah Woolf and I to rashly decide that we needed our own challenge, and if she could do it, so could we.....

Cycling or sporting achievement most proud of?

Cycling up Alpe d'Huez with Sarah in the summer of 2005 – my time was 1:32:40 so I didn't beat Sheryl, but it still felt fantastic to make it across the finish line (felt even more fantastic to make it down the mountain alive - Sarah descends like a nutter, and I ended up with most of a pair of brake blocks splattered up my legs by the time I reached the bottom).

Any cycling targets or ambitions for 2008?

Would like to do a 27 something on one of the Evening 10's because if I do Harvey has promised to part with some cash and buy me a shiny new bike.....for anyone that knows Harv and his spending habits this is quite something, and I think I had better make the most of it!



Grumpiest moment on a bike?

Hmmm.....various contenders.....all invariably involve riding with Harv and a large hill (although can't really blame Harv for my most recent episode as he wasn't even with me, that one I lay squarely at the feet of a certain Mr Hurst.....;-)

Favourite bike or bike you would like to own?

White Cervelo R3 or Orbea Diva (better get shifting on Thursday!).

Past or present sporting heroes?

Is my policy to adopt one man per sport so here goes:

Tennis: Roger Federer;

Football: David Beckham (tragic, I know);

Cycling: Eye candy wise = Marzio Bruseghin (changes frequently), less superficially = Jens Voigt (anyone who has seen Hollentour will understand why).

Any other interests sporting or otherwise?

Am a big tennis fan – I used to play a lot, but my ankles became a bit creaky after too much stomping around on a hard court, and I only play occasionally now.

Favourite ride?

Locally is definitely the route from Bunny to the windmill at Wymondham (because always incorporates something chocolatey at the half way point). Elsewhere, the ride through the Furlo Gorge in Italy, and the Corniche route in Majorca (although lacking on the chocolate front) were both pretty spectacular.

The ultimate cycling question; Campagnolo or Shimano?

Does it honestly make any difference??....he..he..he....

Steel, Aluminium, Titanium or Carbon?

Depends which colour they come in (joking).

Favourite café food?

Favourite ride will give you a clue as to the key ingredient (although managed to accidentally stumble across some disgusting chilli flavoured chocolate in a café in Italy this year – very upsetting).

Tell us something we don't know about yourself?

Was a member of the Leicestershire county tennis squads whilst at school.

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

Happy cycling....