



Nottingham Clarion CC Newsletter

April 2008

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Clubroom Pumpstation House, Daleside Road, Nottingham NG2 4DH

Website: www.nottinghamclarion.co.uk

Welcome to the Club newsletter for April 2008.

Club News

New Members

Welcome to new members Darren Kerry and James Thompson

Thank You

Thank you to Nathan 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. As the weather improves (!) we are looking to have some more social rides for younger, older and non-competitive riders

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 Tim Fahy or Paul Harwood for the latest.

Future Club Nights and Committee meeting dates

The next Club Night and Committee date will be at 7pm **Monday 12th May 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>) and return it, along with a cheque for the appropriate amount to:

Paul Harwood
Pump Station House
Daleside Road



Nottingham
NG2 4DH

Please make your cheques payable to '**Nottingham Clarion CC**'.
(Under 18s will require the written consent of a parent or guardian when joining.)

Membership Fees for 2008 (same as 2007!):

Juvenile (Under 16)	£7.20
Junior (16 to 18)	£7.75
Senior	£10.00
Social membership	£5.00
National Clarion Membership*	£6.00

Nottingham Clarion is affiliated with the National Clarion Cycling Club and members have the option to join the National body for an extra £6.00. This enables you to take part in National Clarion competitions and Championships, and be kept up to date with details of National Clarion Meets such as Easter and Wortley Hall, through the twice-yearly magazine 'Boots & Spurs'.

Timekeeping

If anyone would like to help out with timekeeping for the club events for the forthcoming season please let Paul Harwood. Even if it were occasional timekeeping, any help would be gratefully received.

Media

Sam and Kyle modelled for Wattbike <http://www.wattbike.com/> and now have their images in the publicity literature:



Also Kyle and Sam managed to get their images on the British Cycling website – here BBC commentator Jill Douglas tries hard to match their pose at Manchester

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



Velodrome. Also seen on East Midlands today when Geoff Thomas was publicising a forthcoming charity ride in the East Midlands sat on a Wattbike.



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!

Darley Moor Circuit Race no.3

Picture of Nathan in action at the race:



Johnny H was riding as was Blake, riding for his new racing club but unfortunately he crashed (not badly) in the final stages of the race as the sprint for the line was starting.

Sleaford Wheelers Charity 10 mile TT:

Dave, Kath and Darren (now Go Sports Spex of course!) rode.

1 N Bowdler Farnborough & Camberley CC 00:22:28

2 J Boyle Sleaford Wheelers 00:22:56

3 D Buckby Go Sports Spex RT 00:23:00

19 D Smith Sleaford Wheelers 00:26:36

39 K Smith (Mrs) Sleaford Wheelers 00:33:28

Victoria Park Criterium Races (Leamington Spa Wheelers)

I'll let Johnny H give you his report on the Club's first victory of the season!

'Anyway here goes.....

Race 1

Various attempted breakaways but none successful, when it came to the final lap, Stu ended-up leading out the sprint, and finishing top ten (ish) - I am guessing here as I couldn't really tell from my position in the middle of the bunch!

Race 2

A bit of rain made things a bit hairy, and the wind picked up making the home straight



hard work (unless you hid behind the big guy from the RAF). Stu went of the front with about eight laps to go (picking up the final prime in the process), and held out to the end with a 1/3 lap margin ahead of the bunch.

I'd like to say that I helped, and arguably I did - by making no attempt whatsoever to pull him back!! I came in around 15th.

So well done Stu (and I'm pleased to have two decentish finishes after a depressing DNF at Darley Moor the other week' Johnny H.

Melton Olympic Hilly 20.5mile Open TT:

1: Matt Bottrill (De Rosa) - 48:11
2: Andy Proffitt (Artic) - 49:49
3: Ashley Long (Ashfield) - 50:08
John Odell - 58:54

Midlands MTB XC Round 1

Paul Errington riding for xcracer.com got 4th in the Male Sports category

Coalville Wheelers Open 10 mile TT

1 Geoff Platts De Rosa Rt 00:22:31 V 53 5.41
2 Darren Buckby Go Sports Spex Rt 00:22:34 S
3 James Perkins Zenith Cc 00:23:05 S

41 Samantha Lea Nottm Clarion CC 00:28:32 L S

Forthcoming Club Racing events 2008:

The Club evening 10 mile time trials are here! All welcome to have a go on the quiet Lime Kiln course and test yourself against the clock. It doesn't matter what bike your 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.

- **Thursday April 10th** 7.00pm first rider off
- Thursday April 17th 7.00pm
- Thursday April 24th 7.15pm
every Thursday evening until
- Thursday August 7th 7.15pm
- Thursday August 14th 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



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 the week before – details of the date chosen soon.

Club Open 40km TT 2008 course AS/5 Rev - pre entry required on CTT entry form
2 laps of the Harby circuit (as last year's Rudy Project event)
Saturday April 19th 2pm start – see CTT handbook
course profile here:

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

Any offers of help for organising and marshalling on the day would be gratefully accepted!

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

Club Clothing

A new order has been placed with <http://www.provisionclothing.co.uk/> Thank you to all those who have ordered. Delivery is to be early May. Please note that we will need your money, before we pay Provision as the order is quite large and the Club funds are not enough to cover it!

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

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 **Nathan Fletcher**:



Nathan taking part in last year's National 10 mile TT Championship

When did you start cycling?

I started cycling seriously last year when I joined Clarion. Before that I just rode trials and street.

Cycling or sporting achievement most proud of?

Beating Blake in the Rudy Project :P (Ed: the Rudy Project round organised by the Club last year)



Any cycling targets or ambitions for 2008?

Get a couple of race wins and hopefully get my 2nd cat licence

Grumpiest moment on a bike?

In the wind

Favourite bike or bike you would like to own?

Carbon giant TCR once

Past or present sporting heroes?

Tom Boonen

Any other interests sporting or otherwise?

Apart from crashing cars....? No not really

Favourite ride?

A long hilly one

The ultimate cycling question; Campagnolo or Shimano?

Shimano all the way, Campag is too clunky and you can't sprint on it

Steel, Aluminium, Titanium or Carbon?

Carbon

Favourite café food?

Full English

Tell us something we don't know about yourself?

I have a 5.8 litre lung capacity

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

Happy cycling....