



Nottingham Clarion Newsletter

January 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 Clarion newsletter for January 2008. Happy New Year to all our members and their families!

Club News

New Members

Welcome to new members Gary Smith and Kyle Burleigh

Thank You

Thank you to John Odell for the interview later in the newsletter.

Congratulations

Paul Errington on his signing with the Xcracer.com 29ers team, good luck from the Club with the racing this season! Catch up with his latest news on his blog: <http://shoestring-racing.blogspot.com/>

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.

Thursday evening club run starting at 7pm from the Lime Kiln PH. It is intended that this is now a regular ride until the Evening 10s begin again in April. It is recommended that you have some good lights on your bike!

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 decided at the meeting at the forthcoming AGM.

Club Annual Dinner

Dinner with a Difference!

Well it's that time of year again when we start to think of honouring last season's performances and looking forward to what the coming season has to offer.

Our Annual Dinner is arranged for the **Saturday 9th February 2008** @ The Park Yacht Inn, Trent Lane Colwick, Nottingham.NG2 4DS.

We have decided to break with tradition this year and offer members something new, instead of the meal being a "Sunday Lunch" type menu; we have opted for an "Around the World" feel to the food.

This means that everyone should find something they can enjoy with choices including cuisine from all corners of the globe. A smattering of Italian, Indian, Chinese, Mexican and of course good old English too. So whether it's curry or pasta, rice or pizza that "floats your boat" we should be able to accommodate your tastes.

If last year is anything to go by, tickets will sell well, so if you don't want to miss out please register your interest by purchasing your tickets as soon as possible so that we can finalise the seating plan etc well in advance and make the evening a success.

As always please feel free to bring along family and friends, all will be welcome. It's hoped that the turnout will be even greater than last year as the clubs ranks have swelled considerably over the last season with new members joining on an almost weekly basis. I would urge these newer recruits to try and get to the Dinner and Prize Presentation as it will give everyone an opportunity to "put names to faces". It's not a "stuffy" affair with loads of speeches but an informal evening get together to give recognition to the performances and achievements of the last year. Think of it as a club night on a grand scale to be enjoyed not endured!!

Tickets are on sale now priced at £20 each so don't miss out, secure yours soon to avoid disappointment, as places are strictly limited.

Reserve your Tickets **NOW**

Tickets are available from Jenny Harwood (social secretary)

Via Email: jenny.harwood@ntl.com

Phone: 01159118183

Post: Pump Station House, Daleside Road Nottingham NG2 4DH

Jenny.

Booking slip for Nottingham Clarion Cycling Club Annual Dinner

Name	Address	No. of Tickets



Please find below a list of the Club prize winners so that you can come along in person to pick up your award at the Club Dinner!

**Nottingham Clarion CC Annual Prize Presentation
Award Winners;**

10 miles Women (Duro Cup) Sam Lea 26-07
10 miles Senior (Chambers Bowl) Darren Buckby 21-36
10 miles Junior (Junior 10 Cup) Blake Cowley 22-57
25 miles (25 Cup) Andy Woolf 55-55
Medium Gear 10 Series John Odell 1-20-30
Hill Climb Champion Blake Cowley 3 min 20.2 sec
Road Race Champion Harvey Norris
Junior Road Race Champion Greg McCullum
Chan Lester Trophy (1st H/Cap in Lighthouse 25) Blake Cowley 52-37
Henry Lloyd Memorial Trophy Andy Woolf 1-00-27
Freewheeling Cup Stuart Waller
Club Record-Junior 10 mile Team 24th May 2007
Blake Cowley/Nathan Fletcher/Danny Beet 1-11-02

Evening Ten Competition;

Veteran (60+) Handicap (Old Ship Trophy)
Gordon Baker 1-51-59

3rd Handicap Blake Cowley 1-42-07
2nd Handicap Nathan Fletcher 1-42-04
1st Handicap Bob McCullum 1-41-49

3rd Woman Chris Beal 2-50-16
2nd Woman Lisa Nelmes 2-23-47
1st Woman Sam Lea 2-12-27

3rd Fastest Jason Swann 1-56-49
2nd Fastest Darren Buckby 1-51-18
1st Fastest Andy Woolf 1-50-38

Gordon Baker Trophy: Paul Errington

Meritorious Award: Chris Beal

Memorial Trophy: Paul Harwood



Club AGM 2008

Club AGM will be held at **4.00pm Sunday 3rd February 2008** at the Park Yacht Inn, Colwick. (This usually gives chance for a club ride beforehand and then meet up at the venue). All members are very welcome and if you want to be on the committee, help out or have any ideas for your Club / something you think the Club should be doing, please contact or email Paul H or post your idea on the forum!

In particular we would like a junior member and a lady member (in addition to our esteemed Social Secretary Jenny) to give the committee a bit of a different view on things!

In addition, if anyone would like to have a go at producing this monthly newsletter please let us know.

The agenda for the AGM will be circulated to all members a couple of weeks before the meeting.

Club Membership renewals 2008

Its 2008 so its membership renewal time. 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.

Manchester Velodrome Track Sessions 2007 / 2008

A club track session at Manchester velodrome has been set up by Gary for Saturday April 12th 2008 3 to 6pm – see forum for further details and to register your interest.

Press

Paul Errington being signed by Xcracer.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.

Results and Reports:

Please let me have your results and reports so I can publish them here. It's now proving difficult to keep track of what everyone is up to so apologies if I miss anyone out!

Club Freewheel Championship

Stu 'Stonnen' Waller triumphed again in the club's annual freewheel competition



Club Freewheel Championship contenders (with winner Stu keeping a low profile at the back)



Forthcoming racing events:

Nottingham Clarion CC Club Medium Gear TT Championship 2008

Time to get the 'fixie' out! Early in the New Year we will be running early season 10 mile time-trials held on the quiet roads of our club TT Limekiln course. All are welcome - club members and those wanting to ride a private trial.

A Medium Gear TT is ridden in a 72inch gear, with no changing allowed. However, you don't have to ride the events as medium gear and can use all of your gears if you like and record a private time! It's good fun, social and great training for the season ahead.

2007 champion John Odell will be riding to retain his crown on the following dates:

- Round 1: Saturday 16th February 2008 at 11am
- Round 2: Saturday 23th February 2008 at 11am
- Round 3: Saturday 1st March 2008 at 11am
- Round 4: Saturday 7th March 2008 at 11am

More information at <http://www.nottinghamclarion.co.uk/clubevents/mediumgear.html>

Nottingham Clarion CC Club Evening 10 mile TT Championship 2008

First evening 10 event will be on Thursday April 10th starting at 7.00pm

Nottingham Clarion CC Open 40km TT 2008

2 laps of the Harby circuit (as last year's Rudy Project event) Saturday April 19th – see CTT handbook

Notts and Derby Cyclo Cross League

The cyclo-cross season continues – check up on the next race here:

<http://ndcxl.org/>

Trailquest Winter season (Stu is a regular competitor) - details of which can be found at <http://www.darkandwhite.co.uk>

Sportives 2008

Entries for the 2008 White Rose Classic have opened;
<http://www.whiteroseclassic.co.uk/index.html>

Phil, Harv, Martin, Nolan and Gordon have signed up for the 185k route and Lisa and Linda for the 85k route so far – want to join them?



Etape du Dales entries now available.

Red Dragon entries now available.

Website

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

We have a web forum for Club members. This is public, so keep it clean!
Here is the link you need:

[<http://www.nottinghamclarion.co.uk/forum/>](http://www.nottinghamclarion.co.uk/forum/)

Club Clothing

A new order is about to be placed with a new manufacturer Pro-Vision Clothing of Stoke on Trent <http://www.provisionclothing.co.uk/> – please let Andy Woolf or Paul Harwood know if you want something.

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, 8.00p.m.

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

Waiting for Paul Errington to get his Gary Fisher carbon hardtail MTB 29er for a full report! 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 club webmaster **John Odell**:



John after the Club 2007 hillclimb (pic by Julian Bramley)

When did you start cycling?

About 5 or 6 years ago. I started getting a bit serious about 3 years ago.

Cycling or sporting achievement most proud of?

Nothing momentous stands out! Achieving the targets I set myself makes me happy. I really focused on the Medium Gear series in 2007, trained really hard for it and was happy with what I achieved. Hopefully some more impressive achievements are yet to come...

Any cycling targets or ambitions for 2008?

A few (I like targets):

- 1: Defend the Medium Gear title (I've not done any specific training for it this year, so it should be interesting)
- 2: Beat the hour for a 25 mile TT (by a lot, with a bit of luck)
- 3: Do my first 50 mile TT
- 4: Ride a good 3up TTT with Swanny and Harris

Grumpiest moment on a bike?



Probably realising I missed beating the hour by a fairly small margin in 2006 - turned out to be 01:00:01. The language was shameful.

Favourite bike or bike you would like to own?

Any of the pro-level road or TT bikes would do nicely - I suspect they're all much the same when it comes down to it. One bike I would really like to own (and plan to at some point - don't tell t'lovely wife) is a Brian Rourke stainless steel track bike absolutely beautiful and hand crafted in the Midlands.

Past or present sporting heroes?

Paul McGrath

Any other interests sporting or otherwise?

Spending time with Rosie and Jamie, preferably outdoors, walking etc. and I like eating.

Favourite ride?

Around the Vale, going up my favourite hills - Harby Hill, Woolesthorpe hill (under the railway bridge) and Eaton hill.

The ultimate cycling question; Campagnolo or Shimano?

Shimano. Mainly because that was what was on my first road bike, but also because I can't imagine changing gear with my thumbs.

Steel, Aluminium, Titanium or Carbon?

My bikes are aluminium with carbon bits, which I'm happy with. I can definitely see the benefit of carbon frames, but I'm not convinced about its longevity. Steel is cool, as long as it hand crafted in the Midlands and shiny.

Favourite café food?

Used to be fried egg and beans on brown toast. Unbeatable. However, after being quite ill last summer I found out I have coeliac disease, which means I can't eat lots of my favourite things - like bread and pasta.

Tell us something we don't know about yourself?

I used to be a hard-line Socialist.

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

Happy cycling....