



## Nottingham Clarion Newsletter

**March 2008**

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**Clubroom** Pumpstation House, Daleside Road, Nottingham NG2 4DH

**Website:** [www.nottinghamclarion.co.uk](http://www.nottinghamclarion.co.uk)

Welcome to the Clarion newsletter for March 2008.

### Club News

#### New Members

Welcome to new member Alex Chisholm

#### Congratulations

To Jonathan Webb on the recent birth of daughter Matilda Rose

#### Thank You

Thank you to Andy Pike for the interview later in the newsletter.

Thanks also to Paul and Pete for timekeeping for the recent Medium gear series and to Alan and Gary for pushing-off.

Thanks to Jenny in particular for organising the recent Club Dinner but also everyone who helped out to make the evening a success.

#### 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 runs start at 7pm from the Lime Kiln PH until the Evening 10s begin again in April. It is recommended that you have some good lights on your bike although BST approaches rapidly!!

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 7<sup>th</sup> April 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](mailto: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.

## Press

Plenty to report although not directly club related – Jenny Harwood appeared on local TV news in support of a local velodrome proposal. Herve is getting some publicity over his new Speedo swimsuit which is already proving a world record beating design in the swimming pools and will be seen at the Olympics later in the year. Paul Errington had some photos taken for the latest Trek magazine at a bike test with Gary Fisher and wore his Clarion shorts – great work Paul!



## 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 difficult to keep track of what everyone is up to so apologies if I miss anyone out!

### Forthcoming Club Racing events 2008:

#### Nottingham Clarion CC Club Medium Gear TT Championship 2008

Results:

##### Round 1

1. Stuart Pryce 27-43
  2. John Odell 28-08
  3. Herve Morvan 28-45
  4. Melvin Gwynne 29-26
  5. Gordon McGowan 30-02
  6. Nathan Fletcher 30-07
  7. Andy Pike 30-21
  8. Phil Stringfellow 30-32
  9. Ray Mudd 36-22
- PT. Greg McCullum 28-37  
PT. John Atkin 31-31

##### Round 2

1. Stuart Pryce 26-07
  2. John Odell 27-05
  3. Herve Morvan 27-42
  4. Gordon McGowan 28-29
  5. Melvyn Gwynne 28-51
  6. Alex Chisholm 28-58
- PTs-
- Mark McCartney 27-18  
Niall Frost 27-20  
Greg McCullum 27-49  
James Heaselden 28-17  
David Smith (mg) 28-33  
Nathan Fletcher 28-33  
Danny Beet 30-04  
Andy Pike 30-27  
Barry McCullen 30-37  
Ray Mudd 32-57



Alan Beet 35-12  
Blake Cowley DNF (puncture)

Round 3

1. John Odell 28-11  
2. Herve Morvan 28-20  
3. Derek Foot 28-59  
4. Gordon McGowan 29-12  
5. Julian Bramley 32-57  
6. Alan Beet 34-36  
PTs  
Blake Cowley 25-23  
Mark McCartney 27-31  
Mark Newing 28-48

Round 4

1. Gordon McGowan 27-35  
PTs-  
Blake Cowley 24-29  
John Odell 25-56  
Mark McCartney 26-23  
David Smith 26-48 (MG)  
James Heaselden 27-17  
Greg McCullum 28-19  
Alex Chisholm 29-38  
Jonathan Webb 32-34  
Tom Heaselden 35-41

Overall Medium Gear Series (Best three rides)

**1. John Odell 1-23-24 (Club Champion 2008)**  
2. Gordon McGowan 1-24-16  
3. Herve Morvan 1-24-47

**Club evening 10 mile time trials** on the quiet Lime Kiln course;

- Thursday April 10th 7.00pm first rider off
- Thursday April 17th 7.00pm
- Thursday April 24th 7.30pm  
every Thursday evening until
- Thursday August 7th 7.30pm
- 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](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](http://www.nottinghamclarion.co.uk/courseprofiles/ValeofBelvoirCircuit_TT.html)

**Club evening 25mile Time Trial**

Tuesday 22nd July 7.00pm

course profile here:

[http://www.nottinghamclarion.co.uk/courseprofiles/TOUROFTHEVALE\\_25\\_CourseProfile\\_NottingamClarion.pdf](http://www.nottinghamclarion.co.uk/courseprofiles/TOUROFTHEVALE_25_CourseProfile_NottingamClarion.pdf)

**ANDCC Lighthouse Trophy** Open 25 mile TT event 14/09/2008 (Sherwood CC)  
A25/2 - Lighthouse trophy for fastest team of 5 riders

course profile here:

[http://www.nottinghamclarion.co.uk/courseprofiles/lighthouse\\_25.html](http://www.nottinghamclarion.co.uk/courseprofiles/lighthouse_25.html)

**Club Goose Fair Open 25m TT 2008** Sat 4th October 2pm start pre entry required  
on CTT entry form course A25/9  
course profile here:

[http://www.nottinghamclarion.co.uk/courseprofiles/goosefair\\_25.html](http://www.nottinghamclarion.co.uk/courseprofiles/goosefair_25.html)

**Club Hillclimb Championship 2008** Stathern Hill on Sunday 12th October, 11am  
start.

[http://www.nottinghamclarion.co.uk/courseprofiles/STATHERN\\_HILLCLIMB\\_CourseProfile\\_NottingamClarion.pdf](http://www.nottinghamclarion.co.uk/courseprofiles/STATHERN_HILLCLIMB_CourseProfile_NottingamClarion.pdf)

**Club Freewheel Championship** - around 11am Jan 1st 2009 (TBC) Hungerhill,  
between Green Lane, Lambley and Lingwood Lane, Woodborough.

**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](http://www.nottinghamclarion.co.uk) - updated by our Webmaster John.

[www.nottinghamclarion.co.uk/forum](http://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 likely 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](http://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.

## Swedish Body Massage

Swedish massage stretches, kneads and relaxes painful and tight muscles, gently separating individual fibres that may have become bound and knotted together.

Massage improves joint mobility and health and helps increase range of motion in your joints by releasing muscle tension around them. In addition, circulation is also increased in the joints - actually stimulating the healthy production of the joint's natural lubrication.

Massage can also provide welcome relief from the symptoms of anxiety, tension, depression, insomnia, and stress, as well as back pain, headache, muscle pain and some forms of chronic pain.

Back or Leg massage £17.50 (1/2 hour)  
Full Body massage £27.50 (1 hour)

For further information or to book an appointment contact **Phil Hurst on 07834497986**

***Special offer for Nottingham Clarion members. Receive a full body massage for the price of a back massage (until 1<sup>st</sup> June 2008).***

Jason Swann has had a chat with Planet X mechanic Mike Jenner regarding mechanic services and also maintenance courses:



*Mike says;*

A bit of history about me. I grew up near the Newnham Park World Cup Circuit and helped with the races from an early age. I am a Level 3 Cytech Qualified mechanic and have worked with the Subaru-Gary Fisher and Multivan Merida MTB World Cup teams. I also worked for DT Swiss at the World Championships and built wheels for the Silver and Bronze Medal winning Athertons. I am currently Chief Mechanic at Planet X in Doncaster.

As we were discussing I am able to run 2 courses for Nottingham Clarion members. The first one is the Planet X/ Park Tool School. I run this over 2 days over a weekend and dates are available through [www.on-one-shop.co.uk](http://www.on-one-shop.co.uk). I run through everything to do with a bike, from punctures to full strip down. The aim is for members to fully understand their bike and be able to look after it, and understand when it needs professional attention or it is something that they can do themselves. I use the full range of Park Tools. This course costs £220 and if there is the possibility of running the course in Nottingham.

I am also sponsored by Sapim Spokes to run a Wheelbuilding School. I teach 32hole 3 cross wheelbuilding and after building a pair of practise wheels, clients can build themselves a nice pair of wheels, or use another pair of practise wheels. I teach all the little tricks like destressing, and using tension meters, along with pro touches for finishing properly. This course is also £220 and again there is the option of using Nottingham.

Both courses include all food and refreshments and run from 9.30 to 5 each day.

I can also offer my services as a mechanic to your members. Any type of servicing will be considered and all your members have to do is drop me a line and I will have a chat with them.

I can be contacted on 0115 989 0261 (home), 07773 453681 (mobile) or [mikejenuk@yahoo.co.uk](mailto:mikejenuk@yahoo.co.uk)

Hopefully this is OK, but if you need any more info let me know

Cheers  
Mike.

## **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 **Andy Pike**:

### **When did you start cycling?**

Started seriously in late 1998 because, having hung up my football boots a couple of years earlier due to a knee injury, I was going stir crazy going to the gym. A certain Mr 'Cipollini' Stringfellow talked me into cycling in order to do a charity ride in '99 in memory of a work colleague of ours who'd died of cancer.

### **Cycling or sporting achievement most proud of?**

Cycling wise I'm not sure that I've done much to be proud of, but getting up Alp D'Huez on that charity ride in '99 was pleasing, as was breaking into the 23's (just) at our TT last year. Away from cycling, I've won a few motorcycle championships and also Captained the British Police Motorcycle Road Race Team in the World Police Championship races in 1996.

### **Any cycling targets or ambitions for 2008?**

To be lighter (no chance), fitter & faster! To better 23'30" in our TT. To eat lots of cake (hence the no chance bit) in lots of café's with lots of friends.

### **Grumpiest moment on a bike?**

Without doubt grinding round the 'White Rose Classic' last year. A bad day. Started badly and got worse. At one point, I collapsed into a hedge bottom, fortunately next to an ice cream van.....I only finished the event thanks to an extremely large cornet!

### **Favourite bike or bike you would like to own?**

Ducati 848 in red please.....oh, sorry, bicycle.....Cervelo Carbon Soloist built up with Record kit and some flashy wheels.

### **Past or present sporting heroes?**

Cycling wise – Nicole Cooke. Otherwise probably Barry Sheene (I raced against him twice a few years ago when he came over to compete in the International Classic Series at Donington Park during the British GP).

### **Any other interests sporting or otherwise?**

In case you hadn't guessed already - Motorcycles.

### **Favourite ride?**

A big warm & sunny loop through the Vale from home or any of the many wonderful rides in Mallorca.

### **The ultimate cycling question; Campagnolo or Shimano?**

What's all this tilting brake lever rubbish? No, it has to be Campag - tougher, more reliable and (for me) more ergonomic.

### **Steel, Aluminium, Titanium or Carbon?**

Carbon – it does it all – strong, stiff, resilient and durable (as long as it's made properly, but that goes for all the materials)



**Favourite café food?**

Cake.....but I often 'make myself' have beans on toast (good for propulsion)!

**Tell us something we don't know about yourself?**

Friends inform me that I am unfairly advantaged in that I am 'oft heard to call upon an 'additional' propulsion system.....then again, if you've ridden with me, you're probably already aware of that!!



You don't get a body like that by eating properly you know!  
Lard Power!

Send your pictures, news, reviews, views, and articles to  
[news@nottinghamclarion.co.uk](mailto:news@nottinghamclarion.co.uk)  
Happy cycling....

Nottingham Clarion Cycling Club  
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