



## Nottingham Clarion CC Newsletter

**May 2008**

**Club Secretary** Paul Harwood (0115 9118183)

**Newsletter Editor** Andy Woolf [news@nottinghamclarion.co.uk](mailto:news@nottinghamclarion.co.uk)

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

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

Welcome to the Club newsletter for May 2008.

### Club News

#### New Members

Welcome to new members Sue Eadie, Isla Sleath, Mark Stevens and Steve Armstrong.

#### Thank You

Thank you to Stuart Pryce 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. 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 Paul Harwood for the latest.

#### Future Club Nights and Committee meeting dates

The next Club Night and Committee date will be at 7pm **Monday 9<sup>th</sup> June 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> )

#### Media

Nothing to report this month



### **Go Ride**

The Club is in discussion with British Cycling about becoming an accredited Go Ride club. 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. 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](http://www.britishcycling.org.uk) or [www.go-ride.org.uk](http://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 some personal bests being achieved and Sam Lea has set a new women's course record at 25minutes 12 seconds. Darren Buckby (GoSportsSpex RT) has set a new men's course record of 21 minutes 27 seconds. 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 mile time trial there were personal bests for Jason and John, with Sam set a new ladies Club record with 58minutes 45 seconds.

In road racing, the Club is being well represented in the Mallory Park circuit series. Nathan, James, John, Greg and Stu Pryce have all been in action at Mallory and in other local road races. Former member Blake Cowley (GoSportsSpexRT) won the Mallory race on 6<sup>th</sup> May and also came 4<sup>th</sup> in the Metaltek kermesse.

Paul Errington won with his team at the G2 revolver mountain bike event at Sherwood Pines

### **Club Road Race Championship**

Following discussion in the Club it has been decided that the Club road race championship will be awarded on the basis of best performances in multiple events (rather than the single race last year). 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:**

**The Club evening 10 mile time trials are underway!** 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.

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](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.

#### **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 Odell.

[www.nottinghamclarion.co.uk/forum](http://www.nottinghamclarion.co.uk/forum) - website forum for the latest daily news

### **Club Clothing**

We now have our order (skinsuits expected any time!), including numerous items for stock, at the clubhouse. Thank you to all those who have ordered. 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, 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 **Stuart Pryce**:



Stu in action in the 3 peaks race

### When did you start cycling?

I had relatives in Sheffield and we used to head into the Peaks for a bit of mountain biking from when I was about 10. We're talking the early days of mountain biking and I soon progressed from my pink Raleigh Mustang up to a 22" Muddy Fox Pathfinder, and no I've not shrunk.

### Cycling or sporting achievement most proud of?

Winning a team relay race in Edinburgh that was a crowd warmer before the Tour of Britain arrived, we all got a kiss from Michaela Strachan, and this was at the height of



her Really Wild Show fame. That was probably up there with winning the British University mountain bike champs.

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

2<sup>nd</sup> Cat license would be nice, a short 23 one Thursday evening on the road bike would be a bonus and under 3 ½ hours for the 3 Peaks, though that is perhaps a touch ambitious. I should also get my butt in gear for a few more mountain bike races.

**Grumpiest moment on a bike?**

My grumpy moments always seem to happen when I'm not on a bike.

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

A Yeti ARC titanium.

**Past or present sporting heroes?**

Local athletics hero Paul Evans; from a shoe factory, via the Lowestoft Carnival road race, to the Olympics and winning the Boston Marathon

**Any other interests sporting or otherwise?**

A bit of gardening, playing the banjo and pottering to the pub with the missus. Rock and roll.

**Favourite ride?**

A singletrack epic in the Tarantaise region of the French Alps, super-technical trails that literally last for hours.

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

Has to be Shimano, substance over style every time.

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

They all have their place, please don't make me choose.

**Favourite café food?**

Beans on toast, the more doorstep-like the toast the better.

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

We once had Matthew Modine (star of Full Metal Jacket, Memphis Belle and latterly such cinematic greats as Funky Monkey) round for a BBQ, nice bloke. Very tall, he'd probably just about fit on my old Muddy Fox.

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

Happy cycling....