



Nottingham Clarion Newsletter

August 2007

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Welcome to the Clarion newsletter for August 2007.

Club News

New Members

Welcome to Helen Parr, Richard Ellis, Paul Cooper, Peter Morgan and John Hughes who have joined us over the last month. John is relocating to Nottingham in September.

Thank You

Thank you also to **Trevor Beal** for the interview later in the newsletter.

Get Well Soon

Both Darren Buckby and Simon Hall have had serious accidents recently while on their bikes requiring hospital treatment. The Club wishes them a full and speedy recovery.

Ray Mudd Senior

We have sad news that Ray 'Dad' Mudd has passed away. The Funeral was held at Wilford Hill on Thursday 9th Aug with flowers from the Club. As a mark of respect, that evenings club 10 mile time trial had Ray on the start sheet as number 1, a start position he had rode in for 20 years.

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.

Around this basic ride we will be proposing variations such as Peak District rides and we will still be organising Sunday runs for those who would prefer that day.

If you want to go out at the weekend you can still either just reply to the e-mails, go on the website forum or phone Tim Fahy or Paul Harwood.



Club Nights and Committee meeting dates

The next Club Night and Committee date will be held on **Monday 10th September 2007** at the Park Yacht Inn, Trent Lane, Nottingham, NG2 4DS. All welcome.

Club Dinner and AGM 2008

The Club Dinner has been moved to Saturday February 9th 2008 with the Club AGM held on Sunday 3rd February 2008.

Club Track Championship 2007

The Club Track Championship is likely to be held at the newly refurbished Manchester velodrome probably in November after the National Championships so we have more choice in choosing our track time. Expect further details in due course.

Forest Town Evening Track League

Forest Town Track League is held on Wednesday nights at 7.00pm until the end of August. Run under T.L.I. rules, £6.00 per night.

It is run on a points system and is non-profit making, all money goes to cups and cash prizes etc. 49X15 or equivalent is the preferred gear.

Contact Alan Daniels with any queries.

Press

Gordon may be appearing in a documentary on ITV on the Dunwich Dynamo ride (see Gordon's article later in the newsletter)

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. Its now proving difficult to keep track of what everyone is up to so apologies if I miss anyone out!



Birdwell Wheelers Open 10 mile TT 14th July

Result:

1. 20:25 Ian Stannard 100%ME (Ed's note – now riding for T Mobile as a Stagiare!)
2. 21:32 Ashley Brown Sportscover Planet X (Scratch)
3. 21:46 Wayne Randle Sportscover Planet X (Scratch)
4. 22:10 Steven Gore-Brown Team Swift Allsports
5. 22:11 John Tanner Sportscover Planet X (Scratch)
6. 22:16 Jon Surtees Cherry Valley RT (Scratch)
7. 22:27 Andy Woolf Nottingham Clarion CC
8. 22:28 Graham Rushworth Team Swift Allsports

The best field I have ridden in and was satisfied with my ride on a very tough day. It was very windy which was a very twitchy cross-wind at times and anyone who knows this course will know the road surface is quite heavy.

Sleaford Wheelers Open 25 mile TT 15th July

1. Ken Platts Cambridge CC 54-20
2. Julian Ramsbottom Scunthorpe Poly 54-30

Nathan Fletcher 1-5-01
Paul Harwood 1-5-53
Kathy Smith Sleaford Wheelers 1-7-21
Dave Smith Sleaford Wheelers DNF Puncture.

GT Ellingworth Road Race – Paul Errington reporting

Race held on an undulating course with one little kick before the finish...

Me and Stuart Pryce started.. luckily I managed to get the last 'entry on the day' place.... number 70

Neutralised ride out to then do 3 and 3/4 laps.. totalling allegedly 40ish miles (my computer showed 69 in total including ride out to course and back)

Unluckily Stuart punctured on the first lap as well did many others.. felt very bad as finish would have suited him perfectly and he would have placed for sure..

Race was usual 3/4 cat affair... very twitchy made worse by the wet roads.. saw a few falls on some tight corners..

I managed to stay out of trouble although my bike freehub was making a strange howling noise when I freewheeled for too long so in fear of it packing up altogether I didn't stop pedalling even in the corners I was feathering the brakes and turning the pedals

A few got off the front with a lap to go and managed to stick the move but it was close... I went hard on the last climb weaving through the many riders that had



selected reverse gear and where at standstill:)

I managed to sneak 7th, few more points for the cause and some lessons learned..

Melton Olympic Open 25 mile TT

1. Colin Redwood VC Long Eaton 53.33

10. Gary Harris 58.39 **PB**
David Smith (Sleaford Wheelers) 1.00:56

John Odell 1.01:36
Gordon McGowan 1.02:32

Kath Smith (Sleaford Wheelers) 1.03:15

Nottingham Clarion Club 25 and Sporting 10

Result from the Club tour of the Vale 25 mile TT held on Tuesday 24th in warm, dry but breezy conditions:

1. Andy Woolf 1-00-27
2. Phil Hurst 1-03-13
3. Jason Swann 1-03-16
4. Tim Fahy 1-05-14
5. Stuart Waller 1-09-47
6. Simon Hall 1-13-34 (Great ride in his first 25 and on a tough course!)

Rugby Racing Cycling Club Open 10 28/07/07

Course K10/10

Gusty conditions but warm and dry

- 1 Scott Rose S Scienceinsport.com 20 43
- 2 Richard Bradley V40 Artic Shorter Rochford RT 21 04
- 3 Tim Wallis S Artic Shorter Rochford RT 21 11
- 4 Jason Gurney S Team Milton Keynes 21 45
- 5 Al Salter V47 Walsall Roads RC 21 58
- 6 Hywel Davies S Planet X 21 59

15 Jason Swann S Nottingham Clarion 23 16

Halifax Road Race – Paul Errington reporting

Me and Stuart Pryce went on a point finding mission to far flung Halifax today as with it looking like he has to work away most of the summer he didn't want to miss out on his 3rd cat license with only 3 points needed...

6.30am start got us there for just after 8am and grabbing the last few entry on the line places...



Course was short at 4km ish with 13 laps to do... had 2 small uphill kicks one being just before finish which was looking good... prime prizes were every other lap to encourage people to 'race' rather than sit in for the sprint...

Race started well as I took the first Prime on second lap and continued the effort to hang off the front for a lap before being brought back..

Stu tried a similar effort mid race and stayed out with another rider for a similar time..

With one lap to go 4 riders had got off the front and were beyond chasing down... Stu had managed to find himself on the front with no one keen on doing a turn so I jumped on the front so he had the freshest legs possible for the sprint for 5th place and beyond..

All went well with Stu grabbing 5th and the required points and I got 8th..

Prize money for 8th and prime gave me a day out which cost me £5 after diesel and entry fee

Well done Stu definitely a deserved move up to 3rd cat...

Nottingham Clarion Club Sporting 10 (see winners pictures below)

- 1. Stuart Pryce 23-52 (see pic)**
- 2. Blake Cowley 23-55 (see pic)**
3. Paul Errington 24-15
4. Andy Woolf 24-54
5. Jason Swann 25-25
- 6. Gordon McGowan 25-49 (see pic)**
7. Nathan Fletcher 25-56
8. Harvey Norris 25-57
9. Greg McCullum 26-02
10. Phil Hurst 26-12
11. Danny Beet 26-41
- 12. Sam Lea 26-48 (see pic)**
13. Stuart Waller 26-49
14. Phil Stringfellow 27-09
15. Paul Harwood 27-30
16. Simon Hall 27-39
17. Tim Fahy 27-41
18. Gordon Baker 30-58
- PT. John Atkin 27-32
- PT. Alan Beet 31-51



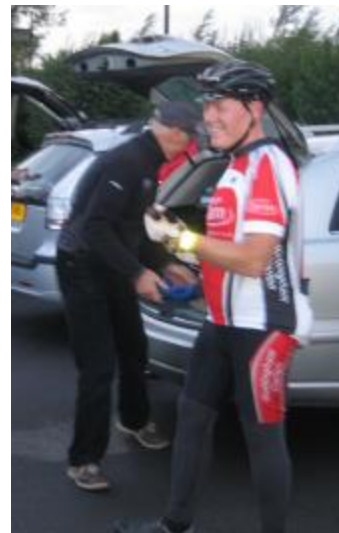
Blake



Stuart



Sam



Gordon (and Gordon)

Mallory Park Tuesdays

The Club have been very well represented at the Tuesday evening circuit races and we have had a number of riders scoring top ten positions and riding aggressively.

Heanor Clarion Open 25 mile TT 4th August

- 1 Finnian Haynes - Alford Wheelers - 53:47 Junior
- 2 Matt Krstic - Wyre Forest CRC - 54:32
- 3 Dean Tracey - Leicestershire CC - 55:15
- 4 John Williamson - Warrington RC - 56:27
- 5 Peter Lavine - Coalville Wheelers - 56:32



6 Jason Swann - Nottingham Clarion - 57:02 PB
7 Matt Ingram - Matlock CC - 57:16
Gill Henshaw - VC Long Eaton - 1:10:21

The Dunwich Dynamo XV, 28th-29th July 2007

On Saturday evening around 700 people turned up at The Pub On The Park at London Fields to take part in the annual sportif ride from London to Dunwich on the Suffolk coast.

The chilled out 120 mile overnight ride was established by London cycle couriers and has a very informal, relaxed feel. It qualifies as an Audax, for those members of AUK but there are no control points.

This year it was being filmed for a new ITV series on country matters which will be screened in the Autumn and the TV crew kept appearing throughout the route to take footage. The director said they were focussing on "strange goings on in the countryside".

I got onto the lead group of three through Essex until Great Bardfield when I got dropped after stopping to put on a racing cape as the rain was becoming very heavy.

After that the weather became torrential and a lot of riders abandoned at the feed station at Great Waldingfield. This included a team from a bike shop complete with a professional support vehicle with a hydraulic drop down side and racks for their bikes!

Once in Suffolk flint grit washed onto the road caused a lot of punctures. I was lucky just getting one, but the delay changing tubes in the rain at night was frustrating.

I got to Framlingham after daybreak and navigated the last tricky section to Darsham down some very obscure country lanes to arrive at Dunwich. The TV crew asked me to stop and ride the approach road again, but I headed straight for the Flora cafe on the beach and a welcome English Breakfast.

Dunwich is a strange place as this isolated coastal village was a thriving city rivalling London until the 14th century, when the inhabitants lost their battle against the sea and the whole town went under the waves. Apparently, it's all still there - visualize a Suffolk version of Atlantis...

About 400 people completed the ride so there were plenty of spaces on the coaches back to London. Given the recent weather conditions, I think the event could be judged a success. Having experienced rain for the last two years I would welcome a clear summers night when the full moon lights up the countryside and you can see for miles.



Hopefully, better weather next year?

Gordon McGowan

Meanwhile EL Presidente **Gordon Baker** has been out and about hurting legs on his Discovery team steed (see article later in newsletter):

Velo 99 Albert Missen Road Race 3rd in age category held at Rampton.

Velo 99 Robin Hood Road Race 2nd in age category 2nd overall held at Norwell

And last but definitely not least, congratulations to **Gill Henshaw** (VC Long Eaton) who has set a **new national age record** in the Yorkshire ladies CA 10 mile time trial with a time of **25mins 42 secs** on the V718 course

Forthcoming racing events:

Lighthouse Trophy Open TT event 2007 – Inter Club Championship

The Lighthouse Trophy TT event this year will be held on **Sunday September 16th** starting at 9am so keep your diaries clear! This Open 25 mile time trial is held as an inter-club championship for local cycling clubs with entries from Sherwood, Mapperley, North Notts Olympic, Ashfield RC etc. The **fastest five** riders for each club count to win the lighthouse trophy. Sherwood CC are the current holders from 2006 (Nottm. Clarion were 3rd) and so have the honour of organising this year's event. It would be great for the Club to have a large representation (we need a minimum of **5** finishers to qualify) and we would encourage everyone to have a go at the race, which is held on familiar roads on the 'Granby' 25 mile sporting course A25/2 in the Vale of Belvoir. There is a course map on our website: http://www.nottinghamclarion.co.uk/courseprofiles/lighthouse_25.html

Entries need to be with the organiser two weeks before the event and if anyone wants a hand entering let us know nearer the time:

Entries using a completed and signed CTT entry form with £6.50 to W. Bradley, 3 Glensford Gardens, Rise Park, Nottingham NG5 5BG.

Nottingham Clarion Evening 10 events

Every Thursday until the 16th August with a 'Bob in the Hat' event on the 26th August using the Club 10 mile course starting at the Lime Kiln PH.

Nottingham Clarion Club Hill Climb Championship

Sunday 14th October Nottingham Clarion Club hillclimb championship – Stathern Hill



Heanor Clarion are doing a **summer cyclo-cross** series, four races, one per month, which began on May 24th – Julian Bramley has been competing: http://heanorclarion.ashfieldtrainingsolutions.co.uk/joomla/index.php?option=com_content&task=view&id=34&Itemid=1

Website

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

Thanks to some hard work by John, we now have a web forum for Club members. This is now 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

We have just received the latest order for some new Red kit (and some Pink) for members and for stock.

We also have some Club cycling caps for £5 – first come first served.

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.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

Carbon Corner

This month's Club award for the largest carbon footprint goes to **Gordon Baker** with his 'as ridden in the Tour De France 2006' team Discovery Trek:



This was Rubiera's 2006 season trek Madone 5.9 full carbon equipped with Dura-Ace groupset, Chris King headset, Bontrager bars, stem, saddle and wheels with Hutchinson tyres.



Gordon 'Rubiera' Baker apparently.

The bike was ridden by 'Checu', as he is affectionately known in the Tour of Valencia, tour of the Basque Country and the Amstel Gold Race. It was also



his reserve bike for the Tour de France. It's a great bike to ride and thankfully I've had a few decent results on it during the present season.

Please send us a picture plus comments on your favourite bike – could be a MTB / tourer / fixed / new / old etc.

For Sale or Wanted

Let us know if you have any bikes or equipment for sale or if you are after that elusive Campagnolo widget. – There are also a number of items available on the website Forum

'Blown off by the bunch'

This month our spotlight falls on **Trevor Beal**:



Trevor as part of a Club 4up team with R Noon, P Harwood and B Webb

When did you start cycling?

I started cycling when I was 2 years old the bike I had was a Mobo Tot Cycle it was the only bike I had that was new until I was 16 when I bought a Claud Butler Torino which I assembled myself, that's when I really started.



Cycling or sporting achievement most proud of?

Probably the biggest sense of achievement was winning the National Clarion BAR which I knew nothing about until my name was called out at the Easter Meet Prize Presentation (1971), the Trophy and hallmarked silver medal were presented by the Great Beryl Burton, I felt quite humble at the time the reason being I couldn't compete at her level. As I walked away Henry Lloyd said I bet that was a surprise and then he informed me that he had sent my times and the event's I had ridden so as to qualify, the year of competition was 1970.

Grumpiest moment on a bike?

The grumpiest moment was whilst riding a 12 hour, the day hadn't gone to plan I arrived at the start 10 minutes late we just could not find the start down an industrial estate near Coventry I found the course really hard, some of it was in the Cotswolds and I had an 84 ins bottom gear, for 10 hours I was annoyed that I had lost over 3 miles before even starting and was no where near evens when I had been hoping to do around 250 miles. With 2 hours to go I rallied and put in a big effort it was then that I completely lost it with my mother when she threw a bucket of water at me which hit me in the face I suddenly shouted out, you daft b*gger - it's the only time I've sworn at her.

Favourite bike or bike you would like to own?

I've not really got a favourite bike any more my bike look's a bit dated but I quite like the look of Joe Summerlin's Pinarello equipped with Shimano Dura ace. Maybe one day I'll buy a new track bike, we'll see.

Past & present sporting heroes?

Eddy Merckx, Reg Harris, Tommy Simpson, Dave Dungworth, John Watson, Beryl Burton, Brendan Foster, Seb Coe, Steve Ovet, Steve Cram, Chris Boardman, Bradley Wiggins and Nottingham's own Frank Taylor.

Any other interests sporting otherwise?

Using the caravan when we get the time or weather, growing veg in the garden, sometimes go out walking, I want to start running again so as to get fitter on the bike.

Favourite ride?

Anywhere In the Vale Of Belvoir.

Steel, Aluminium, Titanium or Carbon?

Probably carbon maybe aluminium.



Favourite café food?

Bacon cob, beans on toast, poached egg on toast.

Tell us something we don't know about yourself?

My grandma lived in Wollaton Hall Gate House on Derby Road and I spent a few nights there with my sister while my mother was in hospital, it was like living in a castle.

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