



Nottingham Clarion Newsletter

February 2007

Club Secretary Paul Harwood (0115 9118183)

Newsletter Editor Andy Woolf news@nottinghamclarion.co.uk

Clubroom Pumpstation House, Daleside Road, Nottingham 2nd Monday in each month 8.00pm

Website: www.nottinghamclarion.co.uk

Welcome to the Clarion newsletter for February 2007.

Club News

New Members

Welcome to new members Martin Kennard, Derek Foot, Adrian Ceney, Darren Buckby and welcome back to Ray Mudd (Ray is a long standing member returning after a few years out)

Thank You

Thank you to all involved in making the Club Dinner such a success. As 'reward' for her hard work, Jenny Harwood is our victim for the interview later in the newsletter.

Clubruns

We continue with the 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 or phone Tim Fahy or Paul Harwood..

Club Nights and Committee meeting dates

The next Club Night and Committee dates will be Monday 12th March 2007 at a new venue The Park Yacht Inn, Trent Lane, Nottingham, NG2 4DS (same venue as the annual dinner. All welcome.



Report from Club AGM 2007

The Club AGM was held at the clubroom on Sunday 11th February.

After all his hard work, Dave Smith decided to step down as Chairman and Lee is leaving soon to become our representative for the Southern Hemisphere.

Your Club Officers elected for year 2007 are;

Position	Officer
President	Gordon Baker
Vice-President	Tim Fahy
Secretary/Treasurer	Paul Harwood
Racing Secretary	Phil Hurst
Chairman	Harvey Norris
Social Secretary	Jenny Harwood
General Committee	Nick Bullimore
	Alan Daniels
	John Odell
	Jason Swann
	Andy Woolf
Auditor	Nick Bullimore
Newsletter/Mag	Andy Woolf
Clothing	Andy Woolf
Website	John Odell

Your Club Delegates/ Representatives for 2007 are;

Organisation	Officer
CTT	Tim Fahy
	Francis Grafton
	Paul Harwood
National Clarion	Francis Grafton
BCF	Gordon Baker
BDCA	Gordon Baker
CDLCA	Chris Beal
LVRG, TLI, Velo 99	Gordon Baker

Club Track Championship 2007

It was decided at the Club AGM to hold an annual Club Track Championship. Gary is looking into available dates for Manchester later in the year so expect further details in due course.



Track Training Sessions

There are some regular sessions being held at Manchester Velodrome. Please talk to Paul Harwood about availability if you are interested.

Press

No mentions in the media this month.

Nottingham Clarion Rudy Project Time Trial event 2007

The Club will be holding a round of the popular national Rudy project Time Trial series on the 21st April 2007 on a sporting course in the Vale of Belvoir – further details to be announced soon

Tour De France 2007 Stage 8

If anyone wants to book a luxurious 3 bed apartment, just 10 (downhill) miles from Stage 8 of the TDF then I can offer a special club discount off the normal rental rate for 1 week from Sat 14th July 2007. if anyone is interested please contact **Phil**.

Castle to Coast Pyrenees (El Conejo Challenge) 2007

Harvey and Chris (Harv's mate) are booked on an organized trip to cross the famous TDF climbs in the Pyrenees from Carcassonne to Biarritz .

Further details here: www.pyractiv.com
Let us know if you would be interested.

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.

Nottingham Clarion Graphics

Nottingham Clarion decals – contact Jason if you are interested

Club Dinner report

The Club Dinner was held on Saturday the 3rd of February 2007 and was a very well attended and enjoyable evening with guest of honour Gary Wharton (current club record holder for a number of distances) presenting the prizes.

2006 Award Winners;

10 miles Women (Duro Cup) Kathy Smith
10 miles Senior (Chambers Bowl) Andy Woolf 21-44
10 miles Junior (Junior 10 Cup) Danny Beet 25-07



25 miles (25 Cup) Andy Woolf 55-55
100 miles (Jim Wilson Shield) David Smith 22.134mph
Veterans BAR (John Bastiani Shield) David Smith
Hill Climb Club Champion Harvey Norris 3-20.2
Track Champion Danny Beet
1st Hcap in Lighthouse 25 (Chan Lester) John Duckworth 51-46
Henry Lloyd Memorial Trophy Andy Woolf 59-26
Freewheeling Cup Stuart Waller

2006 Evening 10 competition awards;

3rd Woman Linda Bowden 2-47-51
2nd Woman Lisa Nelmes 2-27-11
1st Woman Kathy Smith 2-13-08

Veteran (60+) Handicap (Old Ship Trophy) Gordon Baker 1-43-41

3rd Handicap Danny Beet 1-41-15
2nd Handicap Alan Beet 1-40-44
1st Handicap Lisa Nelmes 1-40-34

3rd Fastest John Duckworth 1-58-34
2nd Fastest Tim Fahy 1-57-06
1st Fastest Andy Woolf 1-49-18

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

MTB Marin Winter Enduro Round 2 14 Jan 2007, Thetford Forest Paul Errington finished 35th in the 4 hour solo men's category.

Paul reports; I had so many problems but the key lows of my day were losing my pump on lap 3. puncturing on lap 6:(I borrowed a pump but took 15 minutes to get tyre off the rim :(I came round after 4 hours so missed going out for 7th lap.

Worked out from where a friend placed that the puncture cost me at least 12 places:(I will be back for round 3 though.

MTB Marin Winter Enduro Round 3 11 Feb 2007, Thetford Forest, Paul Errington finished 14th in the 4 hour men's solo (71 riders this category) completing 6 laps in a time of 4 hours 43 minutes.



Forthcoming racing events (the season is approaching fast!):

Nottingham Clarion Medium Gear Events

Dates are now confirmed as Saturday 17th and 24th Feb, 3rd and 10th March 11.00am start on the Club 10 mile course starting at the Lime Kiln PH

Nottingham Clarion Evening 10 events

Dates are now confirmed as Thursday 12th April to 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.

We are thinking about designating one of the earlier 10s as an 'athlete's 10' with tri-bars and disc wheels temporarily banned and prizes for the winners!

We will also be running a couple of 25 mile club TT's on other dates (tbc) to give members the opportunity to try a longer distance without the pressure of entering an 'Open' event.

NCRA dates for 2007.

Spring series

March 3	HQ Naseby - Welland Valley
March 10	HQ Middleton – Rockingham Forest
March 17	HQ Old – Kettering
March 24	HQ Southwick - Peterborough
April 1	HQ Great Gidding – Fenland Clarion

Summer series

June 5	HQ Southwick – Fenland Clarion
June 12	HQ Middleton – Rockingham Forest
June 19	HQ Southwick – Peterborough
June 26	HQ Old – Kettering
July 5	HQ Harrington – Welland Valley

Entry fees would be £40 for the series (pre entry), £50 for the series (entry on the line at 1st event), and £10 entry on the line at each event.

As in 2006, only members of affiliated clubs and individual affiliates would qualify for series prizes (the Club is affiliated).

Let me know of any race or event you have taken part in. Could you have been a contender? Were you a victim of underhand team tactics? Let us know the gossip.



Other forthcoming 2007 races:

Keep an eye out for the early season open events such as Matlock CC's Hilly event on the 25th March (last year cancelled due to snow!) the BDCA 2up on the 17th March and the Melton CC hilly time trial on the 1st April.

Sportive events 2007:

Melton Cicle Classic on Sunday 20th May – based on the course of the actual race there is now a sportive ride.
http://www.cicleclassic.co.uk/cyclosporitif2007_301184.html

Etape Du Dales on Sunday 20th May – unfortunately now full but a number of Club members are entered. <http://www.etapedudales.co.uk/index.htm>

White Rose Classic near Otley 10th June. <http://www.whiteroseclassic.co.uk>

British Triathlon:

Would like to bring to your attention some new developments for the season which will be upon us in no time!

1. The 2007 children's and youth series events are announced:
(<http://www.britishtriathlon.org/regions/eastmidlandsregion/childrensyoutseries.php>)
2. The 2007 adult county championships and regional series events are announced:
(<http://www.britishtriathlon.org/regions/eastmidlandsregion/adultraceseries.php>)
3. The level three coaching course and level 2 referees course is nearly upon us:
(<http://www.britishtriathlon.org/regions/eastmidlandsregion/courseprogramme20062007.php>)
4. Volunteer positions available on the East Midlands Committee:
(<http://www.britishtriathlon.org/news/article.php?id=8896>)

If you wish to learn more about any of the above headlines please click on the link which will give you all the information you could require.

5. The Regional academy meets once again on the 4th February at Loughborough for a special edition of our monthly sessions. We are running two time trial sessions to assess the level of our athletes and to fit them into one of the three tiers previously mentioned. The outline of the day is as follows:

10.30 – meet
10.30- 12: Swim (Including time trial)
12-12.30: Lunch (you need to provide)
12.30-1: Nutrition talk
1-1.30: Flexibility Talk
1.30-2: Bike maintenance



2-3pm: Run (including time trial)

The cost for the day will again be kept at £5 per child. I hope to see you all there!

The dates for following academy sessions and other important events are as follows:

4th March – Holme Pierrepont
18th March – East Leake Aquathlon (recommended)
1st April – 1st East vs. West Academy Aquathlon (west Mids)
8th April – Bramcote Leisure Centre
13th May – 2nd East vs. West academy Aquathlon (east Mids)
20th May – Leicester tri (IRC Qualifier)
3rd June – Holme Pierrepont
9th June- 3rd Academy Aquathlon (west Mids)
24th June- Derbyshire Tri (IRC Qualifier)
21st July - Dodson and Horrell (IRC Qualifier)
29th July – 4th and final Academy Aquathlon (East Mids)
7th September- IRC's Glasgow
15th September- TFN Children's Tri

We have set the academy training days until June 07, however other dates may be added after this depending on the amount of weekends we have available.

Please pass this onto anybody you know may be interested.

Thank you!

Jonathon Riall

East Midlands Regional Development Officer
British Triathlon Federation

Website

www.nottinghamclarion.co.uk - recently updated by our Webmaster John. A members discussion forum is proposed for the near future so we can all keep in contact and arrange club runs etc.

Club Clothing

The latest order for pink kit is currently with Impsport.

Unfortunately the Club has had to raise the prices on the kit as we found the Club was making a slight loss and Impsport are reviewed their pricing for 2007. The price list on the website has now been updated.

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.

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



Club Polo Shirts

If anyone is interested we can make you a Club polo shirt which would look something like this:



Colours to be black or red with white embroidered logos and cost around £6.50 depending on numbers interest.

Social

Second Monday of every Month at our new venue of The Park Yacht Inn, Trent Lane, 8.00p.m.

Claire and Lee leaving do

Just a quick note, after speaking to Lee and Claire, we now have a provisional date for a get together to wish them "bon voyage" for their new life in New Zealand. March the 7th seems like favourite at the moment, with an "around the world night" (quite apt really), meal at the Park Yacht Inn. The meal is carvery style with dishes from a wide variety of cuisines. The cost per head is approx' £7 to be paid on the night. At this stage I would like to get some idea of numbers so that I can make sure that we all sit together, so if you could let me know asap if you will be attending,

Cheers,
Jenny

Heanor Clarion Cycle Jumble on 3rd March 10am till 1pm at Sandiacre Leisure Centre. More details at:

<http://www.heanorclarion.ashfieldtrainingsolutions.co.uk/joomla/media/poster2007cyclejumble.pdf>

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Readers Articles

Jenny's Blog:

Well January, "What a month"! I've been following the groove in the road to Manchester which we have worn over the months.

Not only attending the Revolution meets but also training sessions with Paul. One of the sessions this month had a great surprise in stall for us as joining us for the day was the flying Scotsman himself Graham Obree. Riding an awesome gear of 62" x 13" (yes that's not a mistake!), we watched him "wind it up" over the distance of the track to thrill us all with a spectacular show of strength. Paul was able to ride alongside the legend as they chattered. For me, (never to miss an opportunity) I had a long conversation with him and of course the obligatory photo taken, which most of you will have seen by now.

Next on my list of priorities was the Annual Dinner, which was very well attended with 61 people making it a success (I think anyway). We got home from the dinner at 1.30am to find another enquiry for membership from two more people who had found us via the website (that really does seem to be working!) Since then we have had a couple more too, they do seem to be coming on a nearly daily basis now!

It is also great to see Ray Mudd making a return to the club, I would also like to welcome Derek Foot in to "the fold", having known both of them personally for many years I am delighted to have them aboard.

With all these new members we have had to rethink arrangements for club nights as playing sardines at our place is becoming a bit more than a joke! The Park Yacht Inn is available to us for our get togethers for a trial period to see how it goes. The facilities there include a bar (obviously) a pool room and a quiet area for the committee meetings. We are also looking in to the possibility of providing meals if there is enough interest.

After the dinner came the A.G.M, having been ill for a week it was only tea and biscuits (no home baking SORRY!) after the meeting, but it was very well attended with 19 members and apologies from another 6 who were unable to make it. The club moves forward with renewed vigour and a solid base into the 2007 season.

Medium Gear races are next on the list, "I don't know there is no rest for the wicked"(I must have been very wicked in a previous life!!!!)

Bye for now see you all soon

Jenny

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.



Picture from Grizedale Forest in the Lake District on Saturday February 10th (Andy W)

Show us your ride

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

For Sale or Wanted



Anyone interested in my **2006 S Works carbon road frame**???
56cm Tarmac
8r Carbon with Zertz

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



2007 Tarmac SL full carbon forks
FSA Headset
S Works 2007 seatpost
Frame is 6 months old.
Great condition. Looking for £700 ish

Also, a friend of mine has a **Cannondale CAAD 8** in 52cm (natural finish), unused shimano 105 10 speed, kysirium elites.....£750???

Darren

DARRBUCK@aol.com



Specialized Allez. Suit anyone above 5"10' good condition. £300.
More pictures available.

Jason

jason_swann@ntlworld.com

Let us know if you have any bikes or equipment for sale or if you are after that elusive Campagnolo widget.

'Blown off by the bunch'

This month our spotlight falls on our non-cycling, timekeeping, general lynchpin and new Social Secretary of the Club, Jenny Harwood:



Jenny in the Yellow Jersey alongside Discovery Team mechanic Alan Buttler

Achievement most proud of?

Winning Hairdressing Student of the Year and the Stanley Dennis Trophy in 1981

Grumpiest moment on / or off a bike?

Half way up Hellvellyn in the Lake District, when I was hungry and tired and ready to commit murder (for the details you will have to speak to Paul!!!!!!)

Favourite article you would like to own?

A Solid Fuel Range Cooker (sad I know!), but this one has just been realised, thanks to my wonderful husband!
(I'm creeping now as there are one or two more jobs that need doing to finish it off!)

Past and Present heroes?

Delia Smith and Nigella Lawson
Cycle related: Malcolm Elliott, Graham Obree and "Cuddly" Craig McLean

Any other interests than a Cycling club?

FOOD, eating it and cooking it!

Ambitions for this year, cycling related or otherwise?

To get more time to myself to indulge my passion for swimming and gardening.

Favourite café food (not made by you)?

A Full English Breakfast, including fried bread and black pudding cooked by a little Thai lady at the cafe on the foothills of Hellvellyn on the banks of Ullswater at Glenridding.

Tell us something we don't know about you:

I'm a fully Qualified Hairdresser holding 5 city and guild certificates and numerous other diplomas.

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

Happy cycling....