



Nottingham Clarion Newsletter

June 2007

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Welcome to the Clarion newsletter for June 2007.

Club News

Thank You

Thank you to John who has worked hard to give the Club its new Internet forum www.nottinghamclarion.co.uk/forum. Thank you also to Darren Buckby 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, 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 **Monday 9th July 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

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



Club Road Championship 2007

In order to capitalise on the growing interest in Road Racing in the membership we are promoting the Club Road Championship for Seniors and Juniors with a club trophy available for each category at the club dinner.

For the Seniors, the Duncan Murray Wines Summer Classic Road Race (3rd and 4th Cat) on the 5th August is the designated event and the rider who finishes with the best placing will take the trophy. Suggest you get your entries in early if you want to have a go. Details are on the British Cycling website www.britishcycling.org.uk

For the Juniors, best 3 placings in the Tuesday night Mallory Park Road Races over the season will win the trophy. The events have now started and details are on the British Cycling website www.britishcycling.org.uk

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.

Michael 'Hutch' Hutchinson at the Lowdham Book Festival

On Sunday 24 June at 12.30pm Michael Hutchinson will be giving a speech on his experiences and his book 'Sporting Immortality The Hard Way'. Its part of the Lowdham book festival which has many sporting related events. Tickets for Hutch's event are £3 and it will be held in the Festival Marquee. Tickets available from the Festival Box Office on 01159663219 or www.lowdhambookfestival.co.uk

Press

Andy W had a colour photo printed in a recent Matlock Mercury.

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**.

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



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!

National Championship 10mile Time Trial N1/10 course near Sawtry

Juniors:

18th Blake Cowley 23:30

28th Nathan Fletcher 24:30

39th Danny Beet 25:07

70 entries - won by Andrew Griffiths Glendene CC 21:27

Senior Men:

78th Darren Buckby 22:28

160 entries - won by Michael Hutchinson 19:43

Ladies:

Kathy Smith 27-09 53rd

Gill Henshaw did 28:31 to finish 57th in the ladies event – 66 rode won by Julia Shaw with 22:30.

Congratulations to all riders especially those who were getting a first taste of a National Championship event – the first of many we hope!



Blake



Danny



Nathan

(Pic of Darren has been used for his interview later in the newsletter – Ed)

CC Ashwell Road Race

Paul Errington went down to Bedford for the CC Ashwell 4th cat road race and won gaining 10 points and a 3rd cat road license! Paul says that it was 3 laps round an 11.5 mile circuit with a steep uphill finish. He tried to break it up on the first lap and held 500m gap on his own for 3-4 miles, then decided to sit up and wait it out and took the prime prize over start finish on lap 2, then just repeated the effort for the finish.

Etape Du Dales 2007

Phil, a mate of mine called Chris (who has been pretending not to have done any training), and I, started out at 7:00 on a cool but nice day, rolling along the valley towards the first climb. Chris, a local 'ard' Northern type, commented that the weather was far too good and it made him nervous.

The first climb came after about 10 miles and it was at about this point that I realised that I was not going to have a good day.....worrying.....we had another 100 miles to go. I'm just glad I'd put a compact chainset on my bike as a number of people we passed looked like they were about to grind to a halt and fall over (and this was only the first climb).

We rocketed down the descent, almost touching 50mph at times. We were forced to slow up, partly because of a village, but mainly after passing a bloke in a heap next



to an ambulance who was clutching his collarbone..... just takes the fun out of descending really.

By the time we hit Tan Hill (home to the most isolated pub in the UK.....should have called in) the legs felt dead and I was just hanging on to the back of Phil and Chris. Cheers for the tow lads .

After the next food stop was Coal Road (as hard as the name suggests). This climb really made a few people crack.....weaving all across the road on to the grass verge.....or was that just me? A few people had decided to stop and curl up on a comfortable rock, with the thousand yard stare off what the *?!*!!*??



Harv and Chris deep in the 'Peoples Republic of Yorkshire'

I attacked the final climb like a crazy Spaniard, at times touching speeds of all of 8mph (oooh), dropping to 4mph in places (not really sure how I balanced the bike at this speed), then it was downhill and along the valley for the last 10 miles. We were in a small group of about 10 riders at this point and Phil decided to up the pace to above 25mph. So much for my easy cruise home - I kept dropping off the back and then having to sprint to catch up.....torture.....(said with a Sean Kelly accent). Phil did try to kill himself a couple of times by almost riding head first into a car, and then missing a big motorbike at a junction by inches. I lost the back of the little peloton (again) at this point but in true pro style tagged on to the back of the motorbike which pulled me nicely back up to the group.....all that time watching cycling on the TV hasn't been wasted after all.

110 miles and 7hrs 37mins later we finished, with me muttering something about never wanting to see another *?!x*** hill again.



Anyway a couple of weeks have passed, the legs still haven't recovered, and I seem to have a maximum speed of 23mph, but I will be back next year to get under 7hrs. Any one else fancy it?!!

Harvey (left El Conejo in the Dales somewhere).

Zenith CC 2-up TTT Wednesday 23-05-07 course A17/1 distance 17.1 miles

Derek partnered Roy Oakes from Beauvale CC to record a time of 42.37, (fastest time was Geoff Platts and Matt Bottrill, De Rosa RT, 34.57)

Cropwell Bishop Bike Ride - Paul H reporting on the forum:

Phew! 46 laps total, winners by 4 laps, and beating the record for the most laps ever by 4. The start today was delayed until 4.30 so we only had 7.5 hours today. The team were trying to keep to a sub 20 min lap schedule. I only did one lap today which took me about 22 minutes, so I consigned myself to the subs bench and let the young blood take over! They were chucking in 17/18/19 minute laps in places, which is impressive So thanks and congrats to all who took part, Greg, Danny, Nathan, James, Blake and Woolly G. who put in some strong laps on fixed wheel, and Nick who came out on Saturday on his recumbent.

We now have a shiny trophy, and a record to defend in 2 years time. There are some pictures on the website forum www.nottinghamclarion.co.uk/forum

Club Evening 10 records

This month we have had two new club records set, the Club Junior Team Record went, with Blake, Nathan and Danny combining to a team time of 1-11-02. (The old record was 1-11-07 set in the Ratae RC 10 on 18/7/74 S.Armstrong 22-56 A.Homewood 23-49 J.Stemp 24-22)

Darren set a new course record for the Lime Kiln 10 course with a time of 21:36

Mapperley CC Open 10 mile TT on the A10/2 'upper course'

- 1.Matt Bottrill De Rosa RT 20:41
 - 2 Andy Proffitt Arctic Shorter Rochford RT 20:54
 - 3. Darren Buckby Nottingham Clarion CC 21:24**
- Andy Woolf 22:28
Jason Swann 23:14
Gary Harris 24:05

Great ride from Darren, backed up by a solid Club ride - only to find there was no team prize which we are pretty sure we would have won! Now if we can keep this building for the Lighthouse TT in September....



Rutland CC Open 25 mile TT

Gary's report on the Rutland 25.

I discovered that a flat course is not always a fast course!!! It was hot and windy. Out into a windy coming from the front a right. Back was ok. The longest leg in the world passed Hatfield out to the final turn into the wind. Back to Hatfield was fast but a bit too late!!! Lots of DNSs and DNFs. I did 1:01:14 (I think!). Not too happy with that, I thought I would get closer to the hour, but it is the first 25 this year and Darren did 55:30(ish). (Ed – apologies - I don't have full results for this event)

Heanor Clarion open 10 mile TT

1. David Barnes 20.29
2. **Darren Buckby 20.56** (with a dropped chain at the turn!)
3. Paul Kaye 20.57

Samantha Lea 24.58 (PB)
Chris Beal 34.59

Gill Henshaw VC Long Eaton 27.04

SPOCO series 10mile TT event 3 in Cheshire

Gordon Baker 28:52 - 2nd place in age category .

Velo 99 Granby Road Race 33miles Sunday June 10th

Gordon Baker 4th place in sprint (winner Peter Ward Universal Cycles)
Gill Henshaw won her age category in the same race, winning a large bottle of malt whisky!

Mallory Park Tuesdays

The Club are being very well represented at the Tuesday evening circuit races.

Fantasy Giro D'Italia 2007

Congratulations to Stu 'Stoonen' Waller on his victory in the Nottingham Clarion Mini-League hope to see a few more of you enter teams for the forthcoming Fantasy Tour De France

Rank Team Directeur Score
193 WTF **Stuart Waller 5038**
231 Il Lupo.. Andy Woolf 4773
261 Nottingham Clarion 11095513.. Derek Foot 4559
423 My name is.. Jason Swann 3675
656 Paul Nobadger.. Paul Harwood 2070



Forthcoming racing events:

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 25 and Sporting 10 events

We will also be running a 25 mile club TT on either Tuesday 24th or 31st July (TBC) to give members the opportunity to try a longer distance without the pressure of entering an 'Open' event.

On the following Thursday (either 27th July or 3rd August TBC) we will run the evening 10 as a 'Sporting 10' – that means no TT bikes, no tri-bars, no aero wheels, aero helmet etc. – just a standard bike (or fixed machine) and there will be prizes on offer. You are quite welcome to ride a TT bike if you like, but your time will be designated a 'private trial' and won't be counted towards the Championship and you won't be eligible for any prizes on offer that evening of course!

Nottingham Clarion Club Hill Climb Championship

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

NCRA dates for 2007.

Summer series remaining events:

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).

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

Kilotogo Belvoir Sportive (67 or 107 miles on Jul 1st) - Julian Bramley is interested in doing this local sportive – anyone else like to join him? <http://www.kilotogo.com/rutlandbelvoir.htm>

Other forthcoming 2007 races:

Keep an eye out for the open events Witham Wheelers 10 / VC Chesterfield 10, Sherwood 25 and 10.

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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. At the moment we are keeping it private for Club members with the expectation that it will be publicly viewable through the website in the near future once we see how it has worked. For a short while Registration will be open to anyone in order to get everyone in the Club signed-up. After this initial period all registrations will need to be approved.

Please read the '**Getting Started and Rules**' thread that John has posted under **General Chat**, register yourselves, and post away (you will see that some of us have already started!). If you want any advice, want to let everyone know about a ride or event, any news, gossip, banter, or have something for sale or want something - just add a thread.

The 3 Rules

Remember that this forum can be read by any member of the public, (+ wives, girlfriends, parents, The Law etc.) and potential new Members - so we need to be mindful of how it portrays the Club. We might see fit to remove any dodgy postings and have some 'moderators' in place to do so!

There are 3 Rules we would like everyone to follow:

1. **KEEP IT CLEAN** - if you wouldn't want your parents, children or family to read it, don't post it!
2. **BE NICE**
3. **ENJOY!**

Here is the link you need:

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

Club Clothing

We have just placed an order for some new Red kit (and some Pink) for members and for stock.

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.

Club Polo Shirts

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

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



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

Social

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

Readers Articles

Jenny's Blog:

Hi everyone, not much to report this month as I've spent most of it up to my elbows in compost, but that's another story which I'm sure you don't really want to hear! (apparently the new forum is the place to be for gardening tips etc!).

Although my cycling activities have been few and far between lately I did attend club night and show my face. We had a great turnout of 23 and a full committee who had their meeting 'al fresco' style on the banks of the River Trent. Although I didn't manage to sit in on the meeting I was lurking around in the Bar (nothing new there then!!), if required to comment of matters of importance. Plenty of delicious meals were served and there was a great atmosphere and gorgeous weather. Hopefully next month 9th July, we will see even more attending now that we have the space to spread out. As for me I'm off to work now then later I've got an appointment with some cucumbers and courgettes (you can make your own jokes up from that),
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.



Show us your ride

Carbon Corner

This month's Club award for the largest carbon footprint goes to **Andy Woolf**:



Specialized SWorks Tarmac SL07 carbon - built up from my previous Bianchi XL Ev2 donor bike. Fully built up it weighs in at 15.9lbs – not a real weightweenie (copyright www.weightweenie.starbike.com) but light enough given its not made up with the lightest equipment. A few rides in the Peaks reveals that the bike is as light as the Bianchi was but not as fragile with a vastly stiffer frame but a smooth compliant ride - it seems that carbon truly is the holy grail of cycling frame material!

The bike reminds me of my first drop handlebar 5-speed racer which was a hand-me-down when I was 10. My cousin was living on an American air base at the time and the bike he gave me was American with a very unusual (at the time) curved top tube. The Specialized was also relatively cheap (!) for a Pro team frame (as ridden by Quick Step and Gerolsteiner) and the geometry works for me (unlike Tom Boonen who has had to have a custom version made!).

This is the last purchase allowed before the other new arrival so its got to last a while.

Brief Specification:

Specialized SWorks Tarmac SL07 carbon monocoque (came with SWorks carbon seatpin and carbon hiddenset)

Campag Eurus 2005 clincher wheels

Campag Chorus 10 Carbon chainset and ergo levers

Campag Centaur 10 rear mech, front mech and 2007 design skeleton callipers



ITM millennium stem and handlebars, Selle Italia SLR XP saddle, Look Keo pedals, White handlebar tape with red finishing like Boonen / Bettini's bikes for the full 'Euro Pro' look!!

Next Month – Jason's Australian beauty?

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 is also a topic on the website Forum

'Blown off by the bunch'

This month our spotlight falls on **Darren Buckby**:



Darren in full flight in the recent National 10 mile TT championships (Picture by Paul Harwood)

When did you start cycling?

I started cycling aged 12 on a Kalkoff Tour de France road bike - use to race around the local villages in very cheap lycra thinking I was Steven Roche!!

Raced mainly crits as a kid and a few tt's, before uni and life got in the way. Started to ride seriously (ha,ha) again about 3 years ago and made the transition from spin class instructor/average triathlete into a bike rider.

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Cycling or sporting achievement most proud of?

I was county cross country champion whilst at school which seemed good at the time, and being selected to ride for the GB Fire Service team was an honour - which fell flat on its face as I had a rubbish season.

Currently, pleased with how I'm riding so each successful open is a pleasure.....

Grumpiest moment on a bike?

Hill repeats!!!, grumpy before, during and after.....

Favourite bike or bike you would like to own?

Without a doubt a BMC Time Machine. Saw one at the Bike Show last year and just knew it would make me faster!

Also, quite fancy a Litespeed Ghisallo, but need to get all things carbon out of my system first

Past & present sporting heroes?

Lemond, Obree, Hutchinson and of course Armstrong - (well he was amazing and a marketing mans dream)

Any other interests sporting or otherwise?

Just started MTBing again, and play volleyball for Derbyshire Fire Service. Planning on doing an Ironman next year so I guess a return to the pool and running could well be classed as future interests!!

Oh, and my 2 wonderful kids, who incidentally are both bike nuts already...YEAH!!!!!! (pushy Dad syndrome)

Favourite ride?

Anything in Majorca, but I do love the Puig Major and the descent into Calobra

Steel, Aluminium, titanium or Carbon?

Carbon, end of.....

Favourite café food?

Those who know me and maybe those who don't may think I am a little objectionable when it comes to cafe stops. Not true, its just I never come out of those places the same rider, so for the record - its about me and not the people I ride with!!!

Tell us something we don't know about yourself:

I speak pretty good Turkish (having lived/worked in the textile industry out there for 2 years), and usually get a cheap kebab when I have been out - not that a consummate fitness professional ever would go out.....

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

Happy cycling....