



## Nottingham Clarion Newsletter

**March 2007**

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

**Clubroom** Pumpstation House, Daleside Road, Nottingham **2<sup>nd</sup> Monday in each month 8.00pm**

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

Welcome to the Clarion newsletter for March 2007.

### Club News

#### New Members

Welcome to new member Nathan Fletcher

#### Thank You

Thank you to all involved in running our Medium Gear series. Thank you also to Claire and Lee 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 2nd April 2007** at the Park Yacht Inn, Trent Lane, Nottingham, NG2 4DS. All welcome.

#### 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.

### **Forest Town Evening Track League**

The weekly league restarts on Wednesday 4<sup>th</sup> April at 7.00p.m. and is run under TLI rules [www.theleagueinternational.com](http://www.theleagueinternational.com) There is a start up membership fee of £3 and each evening cost £5.50. If you want to know more about the League, have a chat to Alan Daniels.

### **Press**

John and Darren made the Cycling weekly result page with their Coalville 2up result.

### **Nottingham Clarion Rudy Project Time Trial event 2007**

The Club will be holding round 3 of the popular national Rudy project Time Trial series on the 21<sup>st</sup> April 2007 on a sporting course in the Vale of Belvoir. Details are on the website.

### **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](http://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



## 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:

#### Nottingham Clarion Medium Gear Events

Results for the four rounds are on the website:  
<http://www.nottinghamclarion.co.uk/clubevents/mediumgear.html>

Congratulations to **John** for winning the series and picking up the first trophy of the season

**BDCA Open 25mile 2up Time Trial** promoted by Coalville Wheelers  
Saturday 17th March course A25/16 Griffydham  
Conditions: mild and strong westerly wind

1. S Rick / J Perkins Zenith CC 56:25
2. R Oakes / W Webster Go Sports Spex Racing Team 58:07
3. D Birch / W Moore Stourbridge CC / Wyre Forest CC 58:23

Clarion:

- 7. A M Woolf / D Buckby 59:47
- P Hurst / J Odell 1:06:57
- S Waller / H Norris 1:08:24

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

#### Nottingham Clarion Evening 10 events

Dates are now confirmed as Thursday 12<sup>th</sup> April to the 16<sup>th</sup> August with a 'Bob in the Hat' event on the 26<sup>th</sup> 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.



### Remaining NCRA dates for 2007.

#### Spring series

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 1<sup>st</sup> 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 the Melton CC hilly time trial on the 1<sup>st</sup> April and the CDLCA 10 on 14<sup>th</sup> April. We are also looking for some teams of 3 for the Leicestershire RC 50km 3-up TTT on the 28<sup>th</sup> April.

### Sportive events 2007:

Melton Cicle Classic on Sunday 20<sup>th</sup> May – based on the course of the actual race there is now a sportive ride.  
[http://www.cicleclassic.co.uk/cycloportif2007\\_301184.html](http://www.cicleclassic.co.uk/cycloportif2007_301184.html)

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

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

### Website

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



## Club Clothing

The pink kit has now been delivered. We are awaiting some red garments 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](http://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:



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. – Note April's social meeting is on the 2<sup>nd</sup> April.

## Readers Articles

### Jenny's Blog:

Well this last month has seen the start of the early season medium gear events. The weather has been kind to us with plenty of dry bright days if a little cold and windy on occasion. Such a turnout of riders for these time trials has never been known with more than a dozen and a couple of times nearer twenty. We have been well



supported with photographers and support vehicles and plenty joining in for a drink and meal afterwards. The younger members of the club have all done excellent rides and have brought along their own supporters too! There has been a great atmosphere which bodes well for the forthcoming evening ten series.

This month also saw the club bidding a fond farewell to Lee and Claire Odlin, who are New Zealand bound in the next few weeks. We all had a great time at their "Bon Voyage" meal where 30 club members turned up to see them presented with their leaving gift of a Campag Corkscrew (which I'm sure will get plenty of use!).

All our best wishes go with them as they go to pastures new to start their new life together.

It seems like all change with people moving and others joining the ranks

Our numbers have increased to the point now that we have out grown the clubroom which has been "Home" for close on fifteen years.

We have a new venue for club nights/ committee meetings, as most of you will be aware by now. The Park Yacht Inn will be hosting our evenings for the foreseeable future. I expect it will take a bit of getting use to, but I'm sure we will soon settle in to the place and make it our own. It will make a change not to have to play sardines as we have been doing lately.

Remember though Pump Station House will continue to be at the hub of the club (pardon the pun) and there will always be a warm welcome to any member who wishes to call.

Better go now I've prattled on enough, see you all over the coming months

## **Jenny**

P.S The first club night at our new venue was very well attended with 22 members turning up to have a drink and a chat. Most of us took advantage of the extensive menu on offer. I would like to thank all who came for making it a successful evening. I'm sure with a little fine tuning over the coming months it will begin to feel like home!

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**

As there seems to be a Club 'carbon arms race' developing this feature is intended to add to the hype so that you feel that you just can't get any further on a bike without that extra piece of 'black gold'

This month's award for the largest carbon footprint goes to Jason Swann:



Andy has asked me to put some words together about my TT bike for this new feature 'carbon corner', so here goes.

I was always fascinated by the Lotus superbike used by Chris Boardman and always wanted one, then one day I came across my frame while looking through ebay. Not a Lotus I know but fairly close and it was for sale locally so I ended up buying it for a mere £130!! bargain I here you cry.

After a bit of sniffing around I found out that the frames where made exclusively for the Great Britain team and the one I had was used by Cherie Pridham at the 1998 Commonwealth games (hence I have a girls bike) also used by Chris Hoy & Jason Queally.

It's a full carbon monocoque frame built by Metron, you don't see frames like this anymore as the use of futuristic frame designs were banned by the UCI in 2000 in favour of more traditional frame shapes. The bike is still legal under UK TT rules! Metron is a company formed by Dimitris Katsanis, he is the man responsible for the design and manufacture of the current institute of sport bikes used by the National team. Dimitris worked for a company called ACG (Advanced Composite Group) based in Heanor and produced the 'Athens' bike whilst there. Due to work reasons I have visited ACG and been into the boardroom where they have one of the Athens bikes on show, I enquired how much they were and was told that £25,000 might just cover it. Not to be put off I asked if I could borrow it, much to the laughter of those around me. Why does this always happen when I'm trying to be serious?

It's nice to think that my bike has some kind of pedigree and that its made in England by a Greek bloke, I suppose it's like a doner kebab (that's for Gary).

Throughout the time I've had the bike it's gone through many a component change, but I think it's in a state where the only thing to change know to improve performance is the rider! This year's additions include the carbon bars and the deep section front wheel provided by my sponsor's Planet X, I just pay the postage which is very expensive!



If you want to have a closer look then I'll be at the evening 10's throughout the summer, make sure its after the TT as there will be thoughts of sabotage tactics!!

**Jason**

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

### For Sale or Wanted



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

**Jason**

[jason\\_swann@ntlworld.com](mailto: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 Claire and Lee before they disappear off to New Zealand:

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

**Lee:** Probably my 22:17 for 10 miles. Still don't know how I managed to go that fast!!

**Claire:** I'm pleased Lee convinced me to start cycling and actually taking part in the time trials is something I'm proud of. However, I think the achievement I'm most proud of is having bagged 6 Munro's in the Highlands.



### **Grumpiest moment on a bike (and there has been a few hasn't there Lee)?**

**Lee:** Yes, so many to choose from! The best probably occurred in a café after a particularly hard training ride. I was really hungry and already annoyed with myself for getting dropped. Then to add insult to injury Tim's plate of baked beans was twice the size of mine, despite us both ordering the same. The disappointment was too much to bear and I blew my top at the waitress (sorry!).

**Claire:** I think it has to be whenever Lee makes me cycle down steep hills – descending is definitely not my forte as my brake pads can testify to.

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

**Lee:** My favourite bike is my Trek OCLV120. I bought all the bits separately and built it up with Dura-Ace, and it actually weighs much much less than Phil's fancy bike ;). I wouldn't replace the Trek with anything, but I do really need to add a touring bike, a couple of mountain bikes, a fixed training bike... I could go on.

**Claire:** My Specialized Allez is great – I will leave the choosing of further bikes to Lee, as he seems to be enjoying it so much!

### **Past and Present sporting heroes?**

**Lee:** Lance Armstrong, a very tough cookie. Often criticised (usually by the French) for not having enough bad days on the Tour – what's wrong with that then?! – just cos' French riders are rubbish.

**Claire:** I agree with Lee in admiring Lance Armstrong, particularly given the illness he battled with and beat – he's a great source of inspiration for my patients.

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

**Lee:** I love hill walking but don't do enough of it. Anything that involves being outdoors in the fresh air is fine by me.

**Claire:** Hill walking again but I also love my garden and could happily spend all day there - looking forward to creating a new one in NZ.

### **Favourite ride?**

**Lee:** Tapping away through the Vale of Belvoir is unbeatable on a hot summers day. My other favourite is in Mallorca - out to Valdemossa over the Col de Galilea, Col de Superna and home via Esporles and the Col de Tords followed by an espresso by the beach at Palmanova.

**Claire:** Vale of Belvoir.

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

**Lee:** I'm a carbon sort of chap, in my opinion it offers the best balance of cost vs. performance.



**Claire:** Would need my husband's guidance on this, although I would probably choose titanium – its fantastic at replacing human joints.

**Targets for this year (cycling or not!)?**

**Lee:** I've really enjoyed riding the track so will continue that in NZ. I've always fancied doing some cyclo-sportives and NZ has some good ones very locally so I'm aiming for the Tour de Manawatu in early November and then the Watty Lake Taupo Cycle Challenge late November.

**Claire:** I'm hoping to continue with time trials in NZ and my aim is to get down to 30 minutes for 10 miles.

**Favourite café food?**

**Lee:** A LARGE baked beans on toast, cup of tea and a slice of date and walnut cake.

**Claire:** Carrot cake – always a favourite on or off the bike.

**Tell us something we don't know about yourselves:**

**Lee:** I once found a live and very lost walrus on the beach at Skegness, I think was about 12 years old at the time – it made national news briefly!

**Claire:** Believe it or not I was once in a Vogue fashion shoot.

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

Happy cycling....