



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Happy New Year to one and all. I hope everyone is in good spirits, (are there any bad ones??), after the festivities.

Scott

The Christmas Club Run, Lunch and Prize Giving.

The pre-lunch ride to Vanstone's GC at Codicote was enjoyed by several riders, I seem to remember about nine. Frank T lead us on a circuitous route, taking us around the lanes, and up the hills to breakfast. The somewhat chilly conditions allowed Paul Kelley to show of his bike handling skills on a patch of ice that could have spilled a lesser rider.

After the refuelling stop and having been joined by some late-comers we proceeded to the Three Horseshoes at Willian for.....

The Christmas Lunch and Prize Giving saw about thirty five, (correct me if I'm wrong Frank), Nomads enjoying X-mas lunch, and the occasional beverage or three. Yet more Nomads turned out to congratulate the prize winners, and possibly to sample the ale. A special mention must go to David Summerell for turning up for lunch two hours late and after the prize giving had finished.

Now I'm sure your all dying to no who won what, (wow look at the alliteration on that), if only to know who to beat next season. So, without further ado, in no particular order and with all due fanfare and applause.....

Trophy Winners 2004.

12 Hr Champion (209Mls)	Anthony Perkins
Geoff Humm Trophy [Club 50 H/C] (1:53:35)	Julian Siedlecki
Fastest 100TT (4:52:22)	Anthony Perkins
Southill Cup [Dave Gudgin Scratch] (1:03:18)	Mike Webb
Clubman of the Year	Frank Turner
Short Course BAR (23.8 mph)	Simon Doyle
Hill-climb Champion	Andy Saunders
Fastest 25TT [Scratch] (57:54)	Mike Webb
Hall 25 H/C	Nick Senechal
Alan Porter 30 H/C	John Harrison
Dave Gudgin 25 H/C	Julian Siedlecki
Most Meritorious	Richard Bland
Ladies Award of Merit	Ann Collins
C J Frost Fastest Vets 10 on Std.	Tony Anderson
Sporting All-rounder	Tony Anderson
Medium Gear 25 (1:10:29)	Tony Anderson
Briercliffe 10	David Ledgerton
Senior BAR	Anthony Perkins
Novice 12 Hr	Anthony Perkins

Thanks go to Vice-President Dave Renney for presenting the prizes, and to all those who assisted in the running of the various events-time-keepers, pushers off, marshals etc.

There are a few Trophies not awarded this season. The refurbishment of the Welwyn track meant that there was no opportunity for a Track Night, thus there was no Track Champion this year. We also have vacancies for a Road Race champion, the Vets BAR, and the Junior BAR. So, opportunities abound for people to win silverware. Scott.

'Twas A Cold And Frosty Morning.

There's nothing better after a day of over indulgence than to burn off a few calories on the Boxing day 10. A rare mix of the young and old, bikes as well as people, braved the somewhat icy conditions around the Old Warden circuit, with the promise of refreshments at the village hall and the praise of fellow riders as their only reward.

The McHugh Trophy was awarded to Tony Furby, who, riding his first TT, and being the oldest participant, managed the creditable time of 34:29.

The Alan Porter Lamp was awarded to R Bruss, who I believe was riding the oldest machine. No eighteen speed, or carbon fibre here.

Special mention goes to Esther for managing to push me round on the tandem in under 35 mins in her first TT.

Wednesday Clubroom 19/01/05

Julian will be taking his turbo trainer, an all singing, all dancing, computerised gizmo I believe, to this Wednesday's clubroom. All those interested in a spin session should turn up suitably dressed, and with a bike, or come along and see other people suffer. More info from Julian Siedlecki.

Cycling games.

by David Rossall

Depressed by winter weather? Well ahead with all that level 4 training, and looking for something to do on your night off? Or just wanting an evening in with the family? Regardless, the true cyclist is always going to find table football a bit tame. Fear not - in spite of appearances, there are cycling-based games available - you just have to look a bit further than the local toy shop.

This article describes some games that I have found by chance or design. Judging by the accompanying literature, several of them actually appear to be better known amongst postal gamers than by cyclists.

Breaking Away (Lambourne Games/Fiendish Board Games)

<http://www.sportsgameshop.com/oth.html#baw>

This board game represents a circuit race. Its main feature is an attempt to reproduce the way in which cyclists save energy by sheltering in a bunch, and therefore can make greater efforts later in the race. Players control teams of riders, and choose how far each rider moves on each turn; an individual rider might have the option of moving 3, 6 or 8 places, for example. The movement option used is then replaced with a new one; riders finishing a move in the bunch gain extra movement for use on future turns, whereas those on the front or off on their own gain only a basic move. The winning team is the one with the most points from the finish and the intermediate primes. In practice this game produces quite a realistic race pattern, with a main bunch for most of the time, and groups breaking off the front and back. Any rider or small group falling back too far has little chance of getting on again, just like in the real thing. However, the clinching proof of realism was provided by the way in which I was comprehensively beaten by my younger and fitter son!

One in a series of several, as space permits.

Icknield Road Club Barn Dance.

Icknield Road Club are holding a barn dance at Clophill Village Hall on Saturday the 5th of Feb. 7:30 for 8:00pm. Music is by John Stokes & The Flowers Of The Thorn. Tickets are £7.00 which includes a Ploughmans supper. Bring your own drinks and glasses.

Contact Muriel Holgate, 5 Highfield Road, Oakley, Bedford, MK43 7TA.
01234 822 341.

A Gentle Reminder.

It's that subs time of year again, but unlike inflation things are not going up, so take advantage of the low cost of Nomads Membership.

Single: £15.00

Family: £20.00

Junior/OAP: £5.00

Where else could you get such enjoyment for such low prices, and with the added benefit of keeping you fit.

Anyone For A Long One.

If anyone is looking for some extra miles towards the end of this month, or the beginning of next, the idea of a two-day ride has been floated. This would entail starting mid-morning on a Saturday, riding out to somewhere, then returning on the Sunday. No firm plans have been made as yet, but the ride could be up to 100 milesish each way, and at a reasonably brisk pace. Anyone who's interested, or any coments, ideas, etc. drop me a line at mister.ee@virgin.net or phone on 01462 480 655.

For Sale.....

Assos Ghibli Rainbreaker in Yellow size II (my size with room to spare for tops, worn twice after club ten's to ride home), which is I quote "a lightweight race cape to keep off the rain on those unpredictable training runs. Water and wind resistant. Full length front zip with protective flap covering. Rear venting for maximum breathability".

Normal price £50 asking £20 any takers ?

Contact Michael Webb

mmwebb1@gmail.com or 01462 630595.

