



# Nomads News

[www.hitchin-nomads.net](http://www.hitchin-nomads.net)

The news letter of the Hitchin Nomads Cycling Club

Frank sends his apologies for the lateness of his report on the Boxing Day 10. Apparently he was suffering from a computer go slow, or was that over-indulgence during the festive season.

Boxing day, a cold crisp morning with frost on the fields, icy patches on the sections of the course shaded from the pleasant winter sun, just the sort of conditions to enjoy a social gathering in the village hall at Old Warden. So thought 50-60 members and friends of our club, Beds road, Icknield, and the Veteran cycle club. Some 25 of the hardier members were willing to ride a time trial in these less than ideal conditions in order to shift some of their Christmas pud and make room for more Christmas fare. The rest obviously only came for the food. The reputation of our 'dinner ladies' seems to have spread far and wide.

The results speak for themselves, there must have been some trepidation among the skinny boots brigade if they let a ??? Year old on a 1935 roadster get within ??? seconds of the fastest time !, but winning is not the aim of the event, having a jolly good time is; in this respect ----- good result.

We were well catered for with hot food and provisions, and judging by the amount collected everyone was very pleased that they came. There was no entry fee for riders, but it is likely that we will cover the cost of the RTTC levy and the hire of the hall. Thanks to all those who generously gave provisions, [some of which came from all participating clubs], and particularly those who spent time in cooking, and serving, and

timekeeping, and signing on, and washing up, and cleaning, and not drinking all the wine, so that the V-CC could finish it off !

We collected over £80, which has gone to paying for the hire of the hall, a £30 donation to the Asian Tsunami collection, and some to club funds.

Forthcoming events.

Based on the popularity of the Boxing day 10 type of event, a suggestion has been put forward that we hold a free barbecue after a weekend time trial at some time during the summer. A practice run is being considered in 2005, with a full on bash in 2006 for our anniversary year.

The success will again be dependent on the generosity of club members in donating food drink and time. A list of names will be drawn up, and those who have previously been so helpful will have their names AT THE BOTTOM of the list. There are plenty of you out there, our success depends on you.

Frank Turner

## Cycling games II.

### ***Devil Take the Hindmost (card) -***

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

Players control a team of cyclists and move them round a numbered track by playing cards. At the end of each lap one cyclist gets eliminated; the field regroups and races again until only one cyclist remains. The skill of the game is in building a hand that enables you to play

the right card on the right numbered square.

### ***The Great Victorian Cycle Race (board)***

This is basically Snakes and Ladders for cyclists, but with a twist. Landing on some squares allows you to collect equipment cards, such as a lamp or spanner. Later in the race, you may be able to play the appropriate equipment card to avoid a penalty. A good game for families with younger children who need indoctrinating into the sport.

We found this game on a US Web site, but when it arrived it was labelled "Made in Milton Keynes"!

### **Millennium Trophy**

The Millennium Trophy Competition came up in discussion at a recent committee meeting and to my surprise several of the more racing members had no knowledge of the competition even though in its second year former Nomad Jeremy Prodger was the competition winner and David Ledgerton has achieved notable placings.

The competition was the brainchild of Doug Eagger who was the long-standing RTTC London North District committee Secretary as something to mark the new millennium. The competition was based on points being awarded to the highest placed riders of London North clubs in designated sporting course events in the district. Separate trophies for men and women are awarded with medals; medals are also awarded for Best Junior and Best Veteran with certificates going to high placed men and women as well as to the fastest team of three. Simon Layfield of Team Welwyn collates the results from the counting events, he then advises the District Committee of the competition winners at the end of the season.

Sadly within a couple of years Doug died but the competition lives on growing each year in the number events and participating riders and so it is good to remember Doug by it, incidentally he was awarded in 2001, shortly A CD player was available and everyone brought a selection of music. A truly eclectic mix ranging from Salsa to M

before his death the Badge Of Honour for outstanding service to the Council.

### Millennium Competition events in 2005

Date	Club	Type of Event	Distance	Course
6 Mar	North Road CC	Hardriders	25Mls	F7/25
20 Mar	Icknield RC	Sporting	28Km	F12/28k
25 Mar	Welwyn Wheelers	Hilly Circuit	31Mls	F3/50km
23 Apr	Milton Keynes CC	Sporting	20Mls	F5/20
24 Apr	Team Cambridge	Sporting	25Mls	F14/25
14 May	Letchworth Velo	Sporting	18Mls	F14/18
2 July	Verulam CC	Sporting	27Mls	F3/27
23 July	North Bucks RC	Circuit	22Mls	F5/11
29 Aug	Aylesbury CC	Circuit	22Mls	F5/11
3 Sep	North Road CC	Circuit	25Mls	F14/12

Plenty to choose from there, it will be your four best placed results that count. I hope that this will throw some light on the matter and encourage riders to enter in team strength.

Richard Bland

### Spinning at The Settlement

On Wednesday 19th January, Hitchin Nomads trialled a spinning session at the Settlement. The Spinners brought their own bikes and turbo trainers and these were set up in a row. As this was a first time, no structure was planned; instead this was to be more a social taster with spinners pushing harder or spinning easier as their mood took them. Talk sputtered on and off as the session speeded up

People, Gilbert & Sullivan to T Rex and Acker Bilk to U2. Frank Turner discovered a new vocation as a DJ whilst several

"spectators" wandered from spinner to spinner, discussing technique, training styles or just chatting.

The session lasted from 8:00 to 9:30 and was generally agreed to have been an enjoyable evening. Another session will be held on the next club night, Wednesday 16th February. All are invited and you can spin at whatever speed or resistance you wish - you'll never be dropped! All you need is a bike and a turbo trainer. If anyone wishes to ride, but does not have a trainer, then contact Julian Siedlecki at [jsiedlecki@ntlworld.com](mailto:jsiedlecki@ntlworld.com) Likewise, if anyone has a trainer that they could lend then please also contact Julian.

### Club Clothing.

There will be an order going in to Impsport for a restock of club clothing. To help with numbers, can anybody who is intending to buy new kit let me know. Also, if anybody wants any non-stock items a deposit will be required. Impsports range can be seen at [www.imsport.com](http://www.imsport.com) or I have a catalogue if preferred.

Scott Edwards      01462 480 655

### Norlond TT Combine.

For those who are interested here is a full list of all the Norlond events for this year.

**Sat 16<sup>th</sup> Apr.** On the F12/10 a 10 mile & 10 mile 2-up Open TT. Entry £7.00 & £14.00 respectively. Promoted by Bossard Wheelers.  
Event Organiser- Richard Moule, 59 Old Farm, Pistone, Leighton Buzzard, LU7 9RD. 01292 662657.

**Sun 1<sup>st</sup> May.** On the F1/30 a 30 mile Open & 30 mile Open Tandem TT. Entry £7.00 single £14.00 Tandem. Promoted by Kenton RC. Organiser- Des Gayler,

101 Ravenswood Crescent, Harrow,  
Middx. HA2 9JL 020 8931 5987

**Sun 22<sup>nd</sup> May.** On the F1/50 a 50 mile Open (BAR) TT. Entry £7.00. Promoted by A5 Rangers. Organiser- David Allen, 25 Jenkinson Road, Towcester, NN12 6AN. 01327 354 224

**Sat 9<sup>th</sup> Jul.** On the F14/12 (2 circuits) a 25 mile Open (SPOCO LN series) TT. Entry £7.00. Promoted by Finsbury Park CC. Organiser- Ian Bibby, 3 Legards Road, London N5 1DE. 020 7226 9489 [ianbibby3@aol.com](mailto:ianbibby3@aol.com)

**Sun 11<sup>th</sup> Sep.** On the F1/25 a 25 mile TT Association Event. Entry £7.00. Promoted by London St. Christopher. Organiser- Eddie Lingard, 156 Oakleigh Road North, Whetstone N20 0UG. 020 8361 2284

**Sun 25<sup>th</sup> Sep.** On the F1/25 a 25 mile TT Association Event. Entry £7.00. Promoted by Icknield RC. Organiser- Peter Tasker, 38 Wellhead Road, Totternhoe, Dunstable, LU6 1QS 01582 661 077 [Peterandjean.tasker@btinternet.com](mailto:Peterandjean.tasker@btinternet.com)

### Spring Is In The Air.

The season is almost upon us, or for a mad few, has already started. Good luck to all those taking part in cycle events this year, both racing and leisure. I will be joining you just as soon as I've shaken off the last of these GERMS. See you soon,  
Scott.