



# Nomads News

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

The news letter of the Hitchin Nomads Cycling Club

So much news, so little time. We've got jobs, racing, and plenty of results. Unfortunately, no official Interclub results as yet. Scott.

## Situations Vacant.

Two positions on the club committee will become vacant prior to the next AGM. These are the General Secretary and the Records Officer. What do these jobs entail I hear you ask.

General Secretary Shall-

Record minutes of all committee, annual and special general meetings.

Conduct all correspondence in connection with club business.

Permit his/her address to be circulated in order to receive incoming correspondence to the club.

Deputise for the chair in his/her absence at meetings.

Send out notification to the president and vice presidents inviting them to continue in their capacities prior to the annual general meeting.

Invite motions for inclusion in the agenda for the AGM and any SGMs.

Prepare and distribute the agenda for AGMs and SGMs.

Deal with any non-specific correspondence.

The Records Officer shall-

Record the attendance of club members on club runs, at the club room, participating in any other activity for which clubmans points are awarded.

Provide periodic tables of competition placings.

Keep record of all reported time trial results. Use these results to provide

information to the other secretaries to enable them to identify award winners. Use data to produce riders' handicaps for club handicap events.

These posts have been held by Richard Bland and Geoff Perry respectively, and I thank them for their efforts on behalf of the club.

If anybody is interested in either post please let a committee member know. Remember, the club would not exist without people willing to devote some of their time to its running.

## Some Words From The Race Secretary.

### Discounted and Free Membership of BC.

British Cycling (BC) is offering discounted Membership to the first 10 adults from the Hitchin Nomads to apply. Worth £11.50, this can be spent used against any level of BC Membership, Bronze Silver or Gold. In the case of Bronze Membership this represents free Membership, whilst Silver (which has significant insurance benefits and is required if you additionally want to take out a racing licence) will cost just £20.00. For under 16s the deal is even better; any under 16 joining is entitled to free Silver Membership.

The only stipulation is that the offer only applies to NEW Members or those rejoining BC after a gap of at least two years.

Interested? Drop Nick Senechal a line at [n.senechal@ntlworld.com](mailto:n.senechal@ntlworld.com) or phone 01462 641 745 and I'll send you an

application form. Remember for adult Members its first come first served!

For a summary of Membership benefits visit:  
<http://www.britishcycling.org.uk/membership/index.html>

### **Road Racing Season**

As Lance Armstrong announced his retirement, there's a gap forming at the top of world road racing. As everyone moves up a notch to fill the vacuum, (Tom Boonen to win the tour in 4 years time?), its inevitable that the Hitchin Nomads should get sucked in at...er ...somewhere not quite at the top.

There are a few road races coming up in the next few months and some keen souls ready to try their hand at or get back into road racing, so May could be the big month for the HNCC road racing revival. Remember to road race you need:

BC Membership  
A racing licence  
A roadworthy bike

The best way to learn about the rest is to turn up and race, but I'm happy to give advice on any specifics (01462 641 745) or you could visit:  
[http://www.britishcycling.org.uk/disciplines/road/rr\\_frontpage.shtml](http://www.britishcycling.org.uk/disciplines/road/rr_frontpage.shtml)

What could be better to tune your legs than a short distance, (less than one hour) circuit race? All levels are catered for and you can enter on the line, (you need to be there about 30 minutes before to sign on).

- Each Tuesday, BC West Thames has circuit races for all categories at the Hillingdon cycle Circuit in Hayes. Start time is 19:15, contact Stuart Benstead on 0208 737 7797

- Every Thursday the Property Letting Agency circuit races are at the Milton Keynes Bowl, with adult events starting at 19:00, Contact Richard Selley on 01908 373241.

Real road racing takes place in the countryside, and we have a few local events coming up which it would be good to see the Nomads colours showing up in. Entry on the line is available for all events, but it is worth checking places are available with the organiser first, or if you are really keen, pre-entering, (this usually has a three week lead time, but may vary, but on the plus side you may get a discount)

- 7<sup>th</sup> May (09:00) at Cranfield University sees the Andy Morrison RR. Over a manageable 65km, this would make an ideal first event. Contact Paul Freeman on 07960 267 739
- 15<sup>th</sup> May (10:00) The Stevenage Masters Road Race takes place at Northhill on some roads familiar from club and interclub time trials. This is a hard bitten 120km for over 40s but don't expect age to slow these guys down. Contact Jack Brace on 01767 680 298.
- 22<sup>nd</sup> May (09:00) on our local Codicote/Whitwell circuit there's the Whitwebbs CC Spring Road Race. 110 km on our favourite Saturday training circuit, but its 8 LAPS, (110 km). Scott rode last year so he'll probably be out again. Contact Keith Lambourne on 0208 804 2733. My advice to anyone doing this is – lose some weight now. Frank's bringing the club run out to watch, probably at the top of the big hill...
- Alternatively, on the same date, 22<sup>nd</sup> May (10:00) there's the Central Division RR Championships at Long Crendon. A bit of a trek, but only 80km. Contact Harry Henly on 01844 346 465.

More details of all the above and more races on:  
[http://www.bcf.uk.com/calendar/2005/road\\_may.html](http://www.bcf.uk.com/calendar/2005/road_may.html)

PS TRACKIES – Welwyn Friday league is now up and running – contact Peter Waghorn on 01707 327011. Monday training too...

I've entered the Whitwebbs Spring RR, and raced the first evening of the track league. The track is good speed work for anyone wishing to race.  
Scott.

## Results, and lots of them.

### Welwyn Hilly 50K TT.

Somewhat late, but never the less noteworthy, especially for the Nomads who participated, here are the edited results of the Welwyn Hilly-

David Ledgerton 01:36:19

Anthony Perkins 01:40:02

The event was one by Mike Broadwith in 01:11:46.

Our roving photographer was at the turn on to Horn Hill in Whitwell and captured these images.

### An Expectant Crowd



## Nice Shorts Tony



Photos courtesy of Neil Fraser.

Apparently the Photo of Dave was too blurred to see anything. Possibly due to technical difficulties, or Dave's speed around the corner. I leave you to decide.  
Scott.

### Norlond 10 Mile TT

Four Nomads rode the Norlond TT Combine 10 on Saturday 16 April, on the F12/10 course. Anyone familiar with the A505 Leighton Buzzard bypass will know that this is a flat, sweeping and reasonably fast road, without too much traffic. On the day, a westerly wind provided some help on the outward leg; the course sweeps left and right, so that on the way back there were sections of nagging headwind alternating with easier parts. Times recorded were:

Steve Robinson 26:10 29th

Anthony Perkins 27:30\* 34th

David Rossall 28:25 38th

John Perkins 32:12 46th

The event was won by Simon Howes of the Sigma Sport Pro Cycle Shop team in 21:30.

\* Subject to confirmation as there was some confusion over the times of early finishers.

Report by David Rossall.

### **Briercliffe 10 12/04/05**

Ten riders contested the second evening 10. With the honours going to Mike Webb.

Full results are-

Mike Webb	25:57
Dave Ledgerton	26:28
Andy Saunders	27:17
Steve Robinson	27:28
Nigel Tooke	28:15
Dave Summerell	28:18
Darren Carter	29:25
John Harrison	29:46
David Rossall	30:49
Richard Bland	33:51

Timekeeping was by Tony Furby and pushing off by Frank Turner.

### **Briercliffe 10 19/04/05**

Mike Webb again took the honours on Tuesday night, with David Rossall getting the prize for consistency.

Full results are-

Mike Webb	25:55
Neil Fraser	26:47
Dave Ledgerton	26:59
Dave Summerell	29:44
John Harrison	30:16
David Rossall	30:49
Keith Rapley	33:44
Richard Bland	34:06

Timekeeping was by Tony Furby and pushing off by Frank Turner.

### **Pre-Clubrun 10 24/04/05**

Mike Webb continued his winning streak, beating all-comers on Sunday morning.

Full results-

Mike Webb	25:14
Neil Fraser	25:48
Steve Robinson	27:07
Julian Siedlecki	28:27
David Rossall	30:04

### **Non-Nomads**

Jon Gilliam	26:08
Michael Clark	26:46
Rob Wilson	28:10
James Morris-Jones	28:32
Brian White	29:34
Samm Tophill	29:41
Suzy Fitt	30:02
Jackie Perry	30:17
Stephen Harrison	30:04?
Felicity Bertram	30:47
Andy Stuart	DNF

Puncture

Timekeeping by Richard Bland and David Ledgerton. Pushing off by Geoff Denny.

### **Briercliffe 10 26/04/05**

A new name was at the top of the results sheet this week. Well done to Andy Saunders.

Full Results-

Andy Saunders	27:20
Dave Ledgerton	27:54
Julian Siedlecki	28:54
David Rossall	31:29

### **Non-Nomads**

Andrew Everet	26:53
Rob Hemming	28:33

Timekeeping by Richard Bland, Pushing off by Tony Furby and umbrella holding by Frank Turner.

### **Mid-week Rides.**

Midweek rides. During the months of May, through September it is intended to go for a short ride on the first Wednesday of each month prior to our club meeting at The Fox at Willian. Meet at the Fox at 19:15 hrs.

### **August bank holiday weekend 27/28/29th.**

It is hoped to arrange a trip to the Mildenhall rally for 1 or 2 or 3 days. The range of events being held includes grass track racing, Madison, escorted rides, Audax events, evening pub quiz, Anglia TV historic film show, free swimming etc. etc. Camping is available plus B&B. It will obviously be necessary to book accommodation well in advance. The success of our participation will depend

on the number of participants. If you are interested go to <http://www.mildenhallrally.org.uk> then contact Frank Turner or a member of the committee. A deposit will be required before accomodation is booked.

### **Important Notice.**

The organiser for the Norlond 25 on 9th July has changed to Ian Bibby, 3 Legards Road, London N5 1DE tel. 0207 226 9489.

### **Important Notice 2.**

Hitchin Nomads are nominated to assist with a North Midds & Herts CA event on 29th May, four marshals are required, that is three + Richard Bland, please contact Richard as soon as you can.