



# Nomads News

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

The news letter of the Hitchin Nomads Cycling Club

The summer is drawing to a close, but there are still events taking place. Nomads have been out and about to various TTs, tour rides and the like. We also have a bit of a run on injuries and illness.

Scott

## Injured Nomads

### Roy Robinson

Unfortunately I will not be riding again this season.

In February I slipped on some ice whilst walking and sprained my ankle. After visits to a Physiotherapist & an Osteopath over several months it just was not getting better so I ended up seeing my GP.

I was referred to a consultant and had an MRI scan and then was referred to an Ankle & Foot specialist at a hospital in London. The diagnosis was that I had torn a major tendon on the inside of the ankle.

Last Friday (05 Aug) he performed a "tendon transfer" where he cut a section out of the ankle tendon, removed a tendon from one of my small toes and grafted it into the ankle tendon.

My right leg is now in plaster from my toes to just below my right knee and I will be on crutches for 6 weeks. Right now I can't even walk properly, let alone ride a bike!

However, having had several months of wondering what on earth was wrong at least I now can see an end to it.

Hopefully I will be back on my bike again towards the end of October.

Kind regards

Roy

### Tony Anderson

Tony was knocked off of his bike, three weeks? ago, while cycling to work through Barnet. An illegally parked driver opened his door in Tony's path, sending him flying.

A quick trip to hospital later, and Tony was recovering from a dislocated shoulder, fractured shoulder socket and a damaged thumb.

Tony is now training on his turbo, (that's dedication for you), and looking to be riding again in the next couple of weeks.

### Dave Wentworth

Dave is recovering well from his early season accidents, and has posted some good results in open TTs, more of which later. He also rode the Interclub 15 event this Saturday.

Unfortunately, no sign of the driver who knocked him off.

Lets hope he can stay on two wheels for the rest of the year.

### Nigel Tooke

Nigel is making slow but steady progress back to fitness. He has made it back to work, and is, I believe back riding, if only gently.

Though not ready to get back on the tri-bars just yet, he's keen to get back to race fitness. The late season hill climbs could see Nigel return to competition.

### Scott Edwards

While trying to find the fastest way round a roundabout during the Interclub 15 on Saturday, I made a close inspection of the tarmac. A few grams of paint and skin lighter, I got back on and rode to the finish cursing the decision to pump up a set of slick tubs to 170+psi.

While not getting back in a bad time, it has to be said that horizontal is not the quickest way round a roundabout.

## Andy Saunders

Andy is suffering from chicken pox at the moment. Not very pleasant at all.

Lets wish all our wounded a quick recovery, and hope to see them back out on the road soon.

## Yorkshire Tour Ride

Two Nomads lived up to their name, and drove up to Sheffield to ride the Yorkshire Tour. Deciding on the longest of the routes available seemed like a good idea at the time. Neil Fraser and I arrived in Sheffield on a breezy Sunday morning, though the Sun valiantly put in an appearance.

The 140K Holme Moss Humdinger certainly lived up to its name. Shorter rides of about 50 and 18 miles were available.

The first climb came after a couple of miles; short and sharp. This set the tone for much of the early stage of the ride. Fast descents followed by steep climbs, though relatively short.

We were soon in to a good rhythm, with Neil dropping me on the climbs and me hauling him back on the descents. On the run in to Huddersfield a trio of riders overtook us on the downhill sections only for us to ride back past them as soon as the road went up. this continued for several miles into the village of Holmfirth, where one of the trio had a mechanical failure, probably caused by the sight of the climb of Holme Moss.

Exit Holmfirth and straight into the climb. The first few hundred yards are steep, and Neil gets a good lead. I settle for keeping a good rhythm on the climb. In no time at all it's obvious that the wind is picking up, and even the little dip a third of the way up is no respite. Now it's pure survival; bottom gear, hauling up and down on the pedals, and trying to pull the bars off. Two thirds of the way up and the majority of the people are walking. Still no sign of Neil though. The wind is blowing people over the road as we near the top, and my arms hurt as much as my legs. I can see the cars at the top.

A rider climbing off in front of me is nearly blown into the Armco. I realise that nobody in front of me is still riding their bike. I've driven for two and a half hours, and ridden fifty miles to get to this point; I'm not getting of now. I make the last few hundred metres in the saddle, hunched over the bars trying to get out of the wind. Round the last corner, and I can see Neil standing at the top. We both made it without putting a foot down, yay. We make a pit stop, trying to keep out of the wind and rain, then were off again.

An all to short descent and were on the road to Glossop, and Snake Pass, towing a group of riders we picked up on the descent.

The wind has dropped, and the Sun has put in a timely appearance. Snake pass doesn't seem so bad, at least for the first few minutes of climbing. Neil's off up the road again and I'm starting to suffer, but it's just a case of spinning to the top.

The worst is over, and the descent goes on for ever. A few cars and cyclists later and we've only got a few miles to go. One steady climb later, and I won't see Neil again 'til the finish. I eventually roll in ten minutes or so after him. Thoroughly worn out, but glad to have made it.

We'll be quicker next year.

Neil finished 96<sup>th</sup> and I was 108<sup>th</sup>.

There is also a write-up and a gallery on the BC web site.

Scott.

## Club Kit

Club kit can now be obtained from me, directly. This is the result of the change of Frost's to Paul's bikes. If you need anything give me a call on 07956001909, or e-mail [mister.ee@virgin.net](mailto:mister.ee@virgin.net) The new kit is also now in. Those people who made special orders I will get your stuff to you as quickly as possible.

## Results

From Roving Reporter Dave Wentworth.

### **Peterborough 10 N1/10R**

**Dave Wentworth 26:05-** won by one of the API boys in 21something. My first open event since 1984.

I forgot to mention that I got 1st H/C in the Peterborough event.

### **Kettering 10 N18/10**

**Dave Wentworth 25:12-** won by Sam Barker of the API in a course record of 20something. My best ride at 10 miles since June 1985

Sorry about the lack of detail on the winners, but I never was too bothered about making notes at the finish of who had won the event!!

Dave Wentworth.

### **Icknield 12 hr**

Well done to Neil Fraser who not only completed his first 12 hour on Sunday but also (provisionally) finished 9th overall.