



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

Hi Folks

I got back from holiday last Monday and I have the feeling of having to sprint to catch up with club events. I have returned to find that there is the perfume of spring in the air with the warm aroma of embrocation, and the silky smooth lycra covering taut muscles and with the click of the cleat on metalled road at the start of the event and then the zing of a fully inflated tyre, it must be the start of the racing season as the first club result floods in.

Thanks to Steve for his report and leading by example, and also Nick for his article about the kids club at Welwyn Track.

Clive

New Members

We have four new members who have joined us since January.

Pontus Axelsson

Paul Riley

James Spence

Ray Littlechild

You are all very welcome and we hope that you enjoy many miles of cycling with the Nomads.

Judging by the Spring Hilly result below our Mr Axelsson is going to be showing a clean pair of heels to a lot of Nomads this season.

I will watch the results over the season with interest.

Nomads Kit

Your contact for club kit is Scott Edwards

his email address is:

mister.ee@virgin.net

The price list is:

Bibshorts	£40
Bibnicks	£43
Short Sleeve Jersey	£35
Training Jersey	£39
Armwarmers	£13

The above items are always in stock in sizes small to extra large but if you want other kit in the club design or larger sizes then you will need to contact Scott and he will order it as a special.

Spring Hilly Result

M Webb	51.05
A Saunders	51.54
S Robinson	52.37
A Herbert	52.54
P King	53.19
P Axelsson	54.49
D Ledgerton	54.54
J Tomlin	59.16
N Senechal	59.19
J Siedlecki	1.01.25
T Blyth	DNF
Non Nomad	
J Prodger	54.27

The day was warm and sunny but with a strong south-west wind that should have been helping the riders as they rode towards Hitchin.

Timekeeper: Richard Bland

Pushing Off: John Harrison

Captains Corner

On Sunday March 4th I rode the Maldon and District hilly 20 mile TT. Having got up at 05:45 to drive through thick fog with the car showing the outside temperature as 4 degrees I decided I must have been mad to have entered!

Soon after I arrived at the HQ, just outside Chelmsford, the fog started to clear which took away my main excuse to stay in my nice warm car and not ride. Although visibility had improved the temperature didn't, barely making it to 6 degrees as I lined up to start my first event of the year.

Once under way I struggled to adapt to my new position on the low profile and had some gear problems which made finding a rhythm on the surprisingly hilly course quite tough - good to get some early practice in for race excuses isn't it ;-). So in the end I was pretty pleased to finish in 1:00:40, a time which put me in 28th place out of the 47 finishers. The winner was Paul Smith in a frankly ludicrous 48:30.

The Maldon hilly is run on some properly hilly and mainly very quiet roads and makes a good challenging opener to the season for those not keen enough to tackle the hardriders. It's only a little over an hour away by car so worth noting for your diary for the 2008 season!

Who needs a partner for the 2-up?

The 2-up 25 is on Sunday 25th March and it occurred to me that a few people may want to ride but not have a partner for it.

If you want to ride it and need someone to do it with then why not email me steve.robinson@msd.co.uk and I'll do a bit of matchmaking to set-up as many teams as possible to make a good competition of it.

March Club Events

March 18 th	Medium Gear 72inch
March 25 th	Two up Team Time Trial

Open Events

April 1 st	Icknield RC Hilly 28K
April 6 th	Welwyn Wheelers Hilly 50K

The Icknield and Welwyn events are 2nd and 3rd of 8 events in the North London Millennium series, which we as a club are hoping to do well in.

The Icknield event closes on Tuesday 20th and would advise you to get your Welwyn entry in next week as well.

Cheers
Steve

Saturday Kids Club at Welwyn Track

There is a Saturday club for kids at Welwyn track every fortnight from 09.30 to 11.30. This is aimed at children from approximately 6 to 14, (i.e. until they are old enough to join the adult training groups).

For those Nomads with kids (or Nomads with grand kids-Ed) this is a great opportunity to bring them on, before we start running family events in the summer months.

Sessions are fun, and teach all kinds of bike skills (not just racing) in the safe environment of the track. My five year old son has done two sessions so far and enjoyed both enormously.

If you would like to take your children to the sessions, just turn up at 09.30 (the sessions are run by Welwyn Wheelers who have a building by the entrance to the track to the right of the main sports centre building) and introduce yourself to either Peter Waghorn or Sophie Bruton. The cost is £2 to non-Welwyn Wheelers members. Children will need to bring their own bike to use on the track, (road and mountain bikes are suitable-extreme BMX probably not!). Later in the season children get to use the clubs own track racing bikes.

I recommend they:

- Wear sensible clothes - preferably layers that can be taken off and put on as they get hot and cold - it doesn't need to be special cycling kit.
- Bring a waterproof.
- Bring a drink-preferably in a plastic drinking bottle.
- Bring a snack like an apple, banana or whatever to keep them going (it's a two hour session)
- Check their bikes are working OK before they come, (gears and brakes working and tyres pumped up!)

The address is:

Welwyn cycle track, Gosling sports park, Stanborough Road, Welwyn AL8 6XE.

See link:

<http://www.goslingsports.co.uk/location/wheretofindus.html>

If you cannot take your own children I would be happy to fill my car up - I can take three from Hitchin/Letchworth.

Please get in touch if you want me to take them, either email or phone me on 01462 641745.

As you will not be attending, I must have a parental consent form signed on behalf of each child.

The next session is on March 24th and then every fortnight through year.

March Club Runs

March 18 th	Willington Garden Centre
March 25 th	London Gliding Club

March 25 th	CTC Start of summer time ride
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Mike Kitchen	4
Amy Tooke	4
Cora Siedlecki	4
Simon Doyle	4
Michael Toddington	4
Steve Smith	4
Dave Renney	3
Irene Stacey	3
Barbara Day	2

Missing from the list are Neil Fraser and Nick Senechal and family

Clubmans Trophy 2007

The clubmans trophy is a competition that runs for the 12 months from January when we all rejoin the club through to December.

Points are awarded for attendance on the club runs and social events

Member	Points
Frank Turner	29
Paul Kelley	29
David Ledgerton	27
Clive Collins	27
Tony Furby	25
Richard Bland	23
Tony Anderson	19
John Houghton	16
Keith Rapley	12
Ann Bland	11
Sue Kelley	11
Ann Collins	11
Jonathan Lavery	10
Julian Siedlecki	9
Toby Blyth	8
John Harrison	8
David Wentworth	8
Jamie Tomlin	8
Hugo Siedlecki	7
Neil Bundy	7
Anthony Perkins	7
Nigel Tooke	7
Geoff Perry	7
Scott Edwards	6
David Summerell	6
Wendy Tooke	4
David Rossall	4
Steve Robinson	4
Kirstie Siedlecki	4
Sarah Tooke	4
John Perkins	4
Jonah Perkins	4
John Ramsay	4

Media Watch

Who's up for organizing a day trip to France?

I see from the comic that there is a article about taking your bike to France.

SEAFRANCE BY BIKE

Taking your bike abroad is plain sailing

The Tour de France's official transport partner, SeaFrance, is offering a number of bike-friendly initiatives for cyclists traveling to the Continent until the end of June.

Along with the launch of its sister website www.sailandcycle.com, SeaFrance is offering 20 per cent off its usual foot passenger fares to anyone travelling with a bike from now until June 15th. In addition, passengers going abroad during the UK National Bike Week (16-24 June) can travel completely free. Customers travelling with cars carrying bicycles will receive a 10 per cent discount.

The website aims to encourage UK cyclists to explore cycling opportunities on the Continent and features bicycle routes in France and Belgium. The site also offers detailed route information and a history of the Tour de France.

Go to www.sailandcycle.com or call 0871 663 2559 and quote FOOTWK20 to get the discount.