



Nomads News

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The news letter of the Hitchin Nomads Cycling Club

Editorial
Hi Folks

We are at that time of year when you need to keep your options open to what you are going to wear on the bike because the weather is so unpredictable.

I am a bit of a belt and braces man myself following the dictum that if you have got it on you can always take it off, but if you don't put it on then you freeze.

I was pleased to see Scott on his bike, he said that it had taken him an hour to get ready because he hadn't been out for months and he was hunting round for his kit. Welcome back Scott, I feel sure that it will not be too long before you are back on top form.

Clive

Results

Welwyn Wheelers Hilly Friday 6th April

David Ledgerton 1:30:18

David managed to improve on his course personal best by nearly 2 minutes.

Well Done David

Briercliffe 10 April 3rd

Andy Saunders	28:08
David Ledgerton	28:20
Steve Robinson	28:27
Toby Blyth	30:58
Clive Collins	31:33
Steve Smith	35:29

Timekeeper Frank Turner
Pushing Off Tony Furby

By Heck that North wind did blow and it was flipping hard work riding up to Growers.

Briercliffe 10 April 10th

Neil Fraser	25:41
R Cunningham (Come and Try)	26:21
Andy Herbert	26:26
Andy Saunders	26:26
David Ledgerton	26:37
Pontus Axelsson	27:50
Nick Senechal	28:32
Clive Collins	29:19
David Summerell	30:01
Steve Smith	31:14
Paul Riley	Puncture
Non-Nomad Rob Hemming	26:52

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Neil Fraser is setting the standard for the season.

There is an interesting comparison between the times of the riders who rode last week and this week. David and Andy improved 1:43 and 1:42, which is very consistent and reflects the improved weather conditions, the old git improved 2:14, I think that can be put down to one less beer with the 40+ CC at lunchtime. The star of the evening has to be Steve Smith with improvement of 4:15. Well done Steve.

Captains Corner

Only 2 tens into the season and already some interesting little battles can be seen to be developing. With 12 people turning up to the second event it seems we will once again be seeing a good turn-out each week which is great news.

Talking of numbers of riders, as it stands we have 18 people signed up for the interclub 10 on April 22nd so hopefully we should be able to make a winning start to the defence of the trophy. Full rider list is:

Richard Bland, Roy Robinson, Jamie Tomlin, Toby Blyth, James Spence, Clive Collins, Nick Senechal, Paul King, Neil Fraser, Andy Saunders, Steve Robinson, David Ledgerton, Andy Herbert, James Cornell, Kev Holt, Tony Anderson, Mike Webb, Scott Edwards.

If your name isn't on the list and you want to ride then email me urgently and I should be able to squeeze you in still!

As a club we have a target of making sure we retain the interclub trophy, but what are your individual goals? If you are looking for a fast time in a 10 or 25 then the club course isn't the place to do it – what you need to do is enter some of the open events on the faster courses which will see your times tumble.

I've dug through the handbook for May and chosen the local events on good courses for you to consider entering:

Sun 6th May – Icknield RC – F1 – 25 miles – about as fast a course as you'll find

Sat 12th May – Bossard Wheelers – F12 - 10 miles – good course near Leighton Buzzard

Sat 19th May – Lampard RC – F12- 10

Sat 26th May – North road CC – F14- 25 miles – not as fast as F1 but nice and local!

If you want to enter any of the above and need advice on what forms to fill in and how to go about it then please drop me a line.

It would be great to have more riders in these events as it raises the profile of the club, and makes riding them more enjoyable when you have team mates out to spur you on!

Final thing for now, there was some talk at committee of a few vets in the club looking at getting on tandems this year to start breaking club records – could be entertaining, so watch this space...

See you on the start line.....

Steve

Scott needs Help

Scott is riding with us to the York rally in June and is looking for either a bike or a frame that he can build up as a touring bike that is stable enough to hang panniers on, size 54mm/ 21 inch.

If you can help please contact Scott at mister.ee@virgin.net

Lady Champions

With Vicky Pendleton and Nicole Cook making the headlines for all the right reasons Dave has a memory of a lady champion from yesteryear.

Beryl Burton catching me for 40 minutes at 75 miles in a 100 on the Boroughbridge and having the energy to shout “Well done, dig in”. She must have shouted it 30 times that morning as she caught almost everyone in the field – it was a 2-lap circuit so Beryl would have also passed the first half starters as well. I did a PB of 4:50 something. Beryl won the event – a full field – with the only sub-4 hour ride of the day. What a cyclist, what a champ, what a person – sadly missed.
Dave Wentworth

Media Watch

I noted this advertisement in the Independent on the 28 March. I thought all the 5000 places had been taken, or is this a different event?

British Cycloportive London to Canterbury

Date Sunday 1st July

Route Greenwich – Canterbury

120 mile route taking in much of Stage 1 of the Tour de France

Cost £40 with £2 of every entry going directly to the Geoff Thomas Foundation

Entries now only available from:

Sports Tours International, exclusive travel partner

Email:

sportive@sportstoursinternational.co.uk

At the bottom of the advert there are eleven different logos from trade bodies and local government.

EU Directive for tyres

One or two members were a little concerned about the EU tyre directive A1.4.07 853 531 with the article attributed to a German by the name of W(oolf)egang Radfahrverein.

I can only say that the time of year and mischief coincided.

Clive