



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

Hi Folks

The results are now coming in thick and fast; I think we can say that the season has well and truly started.

I am well pleased with our new members battling to get inside evens. Well done chaps.

After many years of stamping our authority on the first event of the interclub series we came third in the 10 mile TT on the 22nd April. To use wholesale clichés, we were hammered and we have a mountain to climb!

For certain we will need to be at full strength on the 1st July for the interclub 25 mile on our course, but how many riders will be starting, seeing as the Tour de France sportive is on the same day?

This is the event where we can hopefully make up ground on the other two clubs because a lot of riders from the other two clubs dislike our club course.

Michael Webb was a non starter in the interclub 10 because he is getting a lot of soreness from his hernia operation that he had two years ago, I called him on the phone to check how he was and he said that he had been to the doctor to get the problem checked out. The doctors conclusion was that there was no problem externally and to keep exercising and above all keep riding the bike.

Hopefully you will be fit for the interclub 25 Michael, please keep fit and keep well.

Also included in this edition is another extract from Dave's autobiography. Thanks Dave, saved the day again, all I had for this edition was racing results.

If you ride open events could you let David Ledgerton and me know. David for handicapping, and me to publish in the News. Clive

New Members

We welcome Pete Hanlon and another Neil Fraser to the Nomads.

Pete has said that because of family commitments he will find it difficult to ride with the club on Sundays but is full of enthusiasm for racing on a Tuesday night.

To identify each Neil so that we know who they are, especially for this scribe, the Neil that we know and love will be known as JJ and our new member will be known as Ross.

Your contact chaps for club kit is Scott Edwards. His email is mister.ee@virgin.net

Results

Briercliffe 10

17th April

Neil Fraser	25:44
Andy Herbert	26:01
Andy Saunders	26:02
Pontus Axelsson	27:20
Steve Robinson	27:24
Clive Collins	29:31
George Waterhouse	29:40
David Summerell	29:48
Steve Smith	30:58
Pete Hanlon	33:03
James Spence (Puncture)	41:51

Non Nomads

Rob Cunningham	25:50
Rob Hemming	27:08
Peter Sloats	28:59

Timekeeper: Frank Turner

Pushing Off: Tony Furby

Interclub 10 22nd April

		Points
Tony Anderson	22:51	51
Neil Fraser	24:42	34
Paul King	24:54	33
Andy Saunders	25:00	32
David Ledgerton	25:11	30
Dave Wentworth	25:19	29
Andy Herbert	25:43	26
Nick Senechal	26:20	23
Clive Collins	27:03	19
Toby Blyth	27:04	18
Julian Siedlecki	27:20	16
Steve Robinson	27:26	15
Jamie Tomlin	28:27	08
James Spence	28:29	07
Richard Bland	30:31	01
Scott Edwards	DNS	
James Cornell	DNS	
Michael Webb	DNS	
Kev Holt	DNS	

Points

Beds Road	406
Icknield RC	340
Hitchin Nomads	335

Briercliffe 10 24th April

Neil Fraser	25:06
Andy Herbert	25:36
Andy Saunders	25:57
Pontus Alexsson	26:54
Paul Riley	27:58
Toby Blyth	28:35
James Spence	29:01
David Summerell	29:34
Steve Smith	30:12
Pete Hanlon	31:12
Julian Siedlecki (2min LS)	31:28
Keith Rapley	31:30

Non Nomads

Jeremy Prodger	25:35
Rob Cunningham	25:48
Rob Hemming	26:33
Peter Scoats	28:25

Timekeeper: David Ledgerton
Pushing Off: Tony Furby

Alan Porter 30 TT 29th April

Tony Anderson	1:15:32
Andy Saunders	1:20:04
David Ledgerton	1:25:38
Clive Collins	1:27:05
Toby Blyth	1:27:11

TimeKeeper: Richard Bland
Pushing Off: Steve Smith

Geoff Denny Memorial Trophy

	Points
Frank Turner	5
Tony Furby	5
David Ledgerton	2
Richard Bland	2
John Harrison	1
Steve Smith	1

Sporting all Rounder Competition

	Points
Michael Webb	127
Andy Saunders	97
Clive Collins	97
Jamie Tomlin	84
David Ledgerton	61
Richard Bland	59
Tony Anderson	51
Toby Blyth	49
Andy Herbert	45
Nick Senechal	43
Paul King	42
Julian Sedlecki	41
James Cornell	39
Steve Robinson	38
Pontus Axelsson	35
Frank Turner	20
Antony Perkins	10
John Harrison	10
Tony Furby	10

Club runs for May

6 th May	Reed
13 th May	Welwyn Lakes
20 th May	St Neots
27 th May	Danish Camp Willington

Family Ride 27th May

The members who are going on the family ride will meet at Sandy railway station for a 10.30 start to ride to the Danish Camp.

The ride is intended for all ages, young and old.

Open events for May

Sat 19th May – Lampard RC – F12/10

Sun 20th May – Norland 50 – F10/50

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

Here is a reminder of David's email from the 12th April

Dear All

We have been asked to provide 4 marshals for the Norland 50 on the 20th May as part of our commitment to belonging to the Norland Association. Steve Robinson and Barbara Day have already volunteered so just another 2 marshals are required. Don't forget that as well as Clubman's points these duties earn points towards the Geoff Denny Memorial Trophy as well.

Please let me know asap so I can let the event organizer know sometime in the next week or so.

The course is based on the A10; we will be marshalling at the northern Puckeridge end, and is a try out of the course prior to the Ladies National 50 in June on the same course (the men use the F1).

This event is also the club 50 and assuming we get enough marshals I will be riding the event along with some other members I hope. I'd hate to win the 50 trophies again just for pure attendance!! So please enter and give me some competition!!

Regards

David

I am thinking of riding this event, it will be my first 50 for many years. In fact as I remember as I was trundling along the A428 towards St Neots to finish the last 50 I rode, I was thinking never again.

Clive

Fifteen years off the bike – what price!

You may have noticed from my recent articles in the Newsletter that my cycling life has been a mix of self inflicted illness, stupidity and obsessive behaviour. Also, those of you who know me from my first cycling career – I'm now in the second, or is it the third or fourth – I was a reasonable Club rider in my better days. But by the time I'd reached my mid-thirties and had twenty consecutive racing seasons behind me I'd really had enough and, well, gave up any form of exercise at all. See, the stupidity even continued into my "retirement" years. No halfway house like touring or club runs, I just gave it up.

And so it came to pass that I was made redundant in my late forties and had to resort to riding a bike again – I lost my company car and couldn't afford a replacement. One day after I'd "signed-on" I was so down in the dumps that I decided to go for a ride around Linford Wood – one of our many woods here in Milton Keynes. I got home a re-invigorated man and suddenly remembered cycling.

I then got a job in Chiswick, West London, and only had time for weekend rides on my mountain bike. That was enough to re-ignite the passion and enthusiasm for this sport-of-sports that we belong to. By the time the big Five-0h (the Oh stands for "Oh s**t am I really 50") came along I was wanting a new "proper" bike – as opposed to the mountain bike.

I'd been reborn – mind, soul and spirit. But not the body – that was struggling!

Then came that first ten. Jill and me still laugh at Clive's face when I got out of the car. It was such a picture of total disbelief that it was me. And the look on every bodies faces when I got that scruffy old mountain bike out of the boot and actually road the ten on it. I then made Clive's day – he caught me for a minute and had the audacity to give me a push up the Ireland hill – cheeky so-and-so. Well Clive, that little push did more than help me up the hill – I promised myself it would never happen again. Thanks Clive.

So, what did those fifteen years of nothing do for me? Well, quite a lot really. They destroyed my cardio-vascular, leg power and my physical endurance. It's only a list of three - not so bad is it!! Well, it was bad. It's still not good, but, I'm now into my fourth year and it's greatly improved. My cardio-vascular is now reasonable – with the exception of the age related drop in maximum heart rate. But then I never knew what my HR was back in my thirties. The leg power is coming back as long as I don't have to do too much up-hill stuff. But the endurance is completely stuffed – I've tried and tried again to build the miles but anything approaching 50 miles takes me days to recover from, so I've just accepted life as it is and ride just 10s and the occasional 25. I can now ride a ten at about the same pace that I use to do for the 100s, but – I'M ENJOYING BEING BACK, ENJOYING BEING PASSIONATE ABOUT IT, ENJOYING HAVING THE OLD OBSESSIVE BEHAVIOUR – AGAIN.

Dave Wentworth

2007 Briercliffe 10

Rider	03/04/2007	10/04/2007	17/04/2007	24/04/2007	Rides	Avg Time
Neil Fraser		00:25:41	00:25:44	00:25:06	3	00:25:30
*Robert Cunningham		00:26:21	00:25:50	00:25:48	3	00:26:00
Andrew Herbert		00:26:26	00:26:01	00:25:36	3	00:26:01
*Jeremy Prodger			00:27:11	00:25:35	2	00:26:23
Andrew Saunders	00:28:08	00:26:26	00:26:02	00:25:57	4	00:26:38
*Robert Hemming		00:26:52	00:27:08	00:26:33	3	00:26:51
Pontus Axelsson		00:27:50	00:27:20	00:26:54	3	00:27:21
David Ledgerton	00:28:20	00:26:37			2	00:27:29
Steve Robinson	00:28:27		00:27:24		2	00:27:56
Paul Riley		DNF		00:27:58	1	00:27:58
Nick Senechal		00:28:32			1	00:28:32
*Peter Sloats			00:28:59	00:28:25	2	00:28:42
George Waterhouse			00:29:40		1	00:29:40
Toby Blyth	00:30:58			00:28:35	2	00:29:47
David Summerell		00:30:01	00:29:48	00:29:34	3	00:29:48
Clive Collins	00:31:33	00:29:19	00:29:31		3	00:30:08
Julian Siedlecki				00:31:28	1	00:31:28
Keith Rapley				00:31:30	1	00:31:30
Steve Smith	00:35:29	00:31:14	00:30:58	00:30:12	4	00:31:58
Peter Hanlon			00:33:03	00:31:12	2	00:32:08
James Spence			00:41:51	00:29:01	2	00:35:26

For the benefit of new members it is your five best rides at the end of the series that count. The starred riders are non-members.

Is it really four years Dave, since I gave you a push up the hill? I remember the evening very well and I did that for fun. Now that you have done the training in the past four years and I haven't, you only have to look at the interclub result to confirm your commitment.

Clive

Dave's old time training methods

In Manchester we used to hold-on to anything to prevent us undoing the toe straps – remember those things. Once I leaned onto a keep left bollard and it fell over. On another occasion I went to lean on a car. He moved off but I'd already started the grab and hold action, alas, it was his bumper that I grabbed hold of. Quick thinking told me not to let go – cut hand and all that stuff – so he dragged me along for a couple of yards. Thankfully it was rush hour traffic and he didn't move far - or too fast.

Dave Wentworth
