



Nomads News

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The news letter of the Hitchin Nomads Cycling Club

Editorial
Hi Folks

This time last month I was a bit concerned about lack of content for the News, but not this edition.

In this edition we have our founder members birthday, results and apart from family members, our first young member to join the club for many years.

Many thanks to Mike Toddington for his letter from Canada; shades of Alistair Cooke and his letter from America. There is another chapter from Dave's autobiography, also Age Related Records, plus Captains Corner.
Clive

Happy Birthday



Our founder member and Vice President Rene Stacey celebrated her 90th birthday on 13th May.

When Ann and myself visited her on her birthday she told us that she had been celebrating for a week because she

belonged to six clubs and they all wanted to celebrate her birthday, two of which are swimming clubs. Although she no longer cycles she does go swimming once a week, which because of a back problem she has to swim on her side.

All the Nomads wish you a very happy birthday Rene and many more to come.

New Members

We welcome two new members to the club.

Welcome to Rob Cunningham, the members may have noted that Rob is a bit useful on a bike judging by his ten times when he was riding as a come and try it competitor in the evening tens.

For the first time for many years we can welcome a new member, Thomas Durkin, who is below the age of majority, in fact he has a bit of wait before he can vote at seven years old.

Thomas is taken by his grandfather Mike Kitchin down to Welwyn track on Saturday mornings for lessons in bike handling skills and racing within his age group.

Nick Senechal and Neil JJ Fraser also go down to the track on a Saturday morning with their children. If you wish to join them just turn up at the track and you will be sure of a welcome.

Your contact for club kit is Scott Edwards; his email is mister.ee@virgin.net

Results

Bossard Wheelers CC 10

Saturday 12th May

David Ledgerton	25:29
Steve Robinson	25:52
Paul King	25:59

Saturday the 12th saw Nomads get a team of three into a 10 for the first time this year at the Bossard Wheelers 10 on the F12 near Leighton Buzzard.

David Ledgerton led the team home closely followed by Steve Robinson with Paul King a further seven seconds behind.

Norland TT Combine 30**Sunday 13th May****David Ledgerton 1:15:07**

Congratulations to David for setting his personal best with this ride.

Briercliffe 10**1st May**

Neil JJ Fraser	25:34
Andy Herbert	25:34
Andy Saunders	26:06
David Ledgerton	26:54
Nick Senechal	27:38
Toby Blyth	28:11
James Spence	28:17
Clive Collins	29:00
David Summerell	29:25
Neil R Fraser	30:46
Pete Hanlon	30:53
Keith Rapley	30:56
Tony Furby	31:30

Non Nomads

Jeremy Prodger	26:10
Rob Hemming	26:36

Time Keeping Frank Turner
Pushing Off Richard Bland

Briercliffe 10**8th May**

Andy Herbert	25:52
Andy Saunders	26:11
Pontus Axelsson	26:50
David Ledgerton	27:40
Clive Collins	29:21
Pete Hanlon	31:30
Jonathan Lavery	32:44
Richard Bland	32:49

Non Nomads

Rob Hemming	27:13
Eric Sacuzzi	28:44

Time Keeping Frank Turner
Pushing Off Tony Furby

Briercliffe 10**15th May**

Andy Saunders	25:33
Andy Herbert	25:47
Neil JJ Fraser	26:23
Paul King	26:57

David Ledgerton	27:52
Neil R Fraser	29:05
Clive Collins	29:41
David Summerell	29:41
Pete Hanlon	30:04
Jonathan Lavery	30:14
Richard Bland	31:53
Steve Robinson	DNF
Time Keeping Frank Turner	
Pushing Off George Waterhouse	

Captains Corner

Now well into May and the glorious weather from April seems to have deserted us, so it's fantastic to see no drop in turn-out at the club tens on a Tuesday night – Nomads are a hardy bunch it seems!

With the new age related records coming into place you may want to start thinking about what events you are going to target later in the year to win your age group. For tens I suggest keeping your eye out for the F1, E2, F20 and E64 as the fastest in the area. Same goes for 25's except the E2 which is a bit lumpy!

If you don't have a CTT handbook but want to plan which events you want to peak for later in the year drop me a line and I'll walk you through it.

Here are some open events for you to consider in June:

- 2nd June E2/10 Team Cambridge
- 3rd June F1/25 Hitchin Nomads
- 10th June F1/50 Finsbury Park
- 16th June E2/25 API Metro

If you are considering riding our open, could you please check with Richard Bland that he has enough marshals before you enter the event.

Happy riding!
Steve

Age Related Records

There has been a proposal put before the committee for 'age related records' which they approved, and starting now the time trial secretary is going to put together a database with the fastest rides of the year over all distances by all riders and recognised by age. Starting from age 12 which is the youngest that the CTT will allow people to time trial on

public roads and following the CTT format for developing young riders in their age categories, the idea being that you set the time for the distance in your age group which will be recognised as the record for that year.

The age bands as stated start at 12 years through to 15 for juveniles, then 16 to 18 for juniors, 19 to 23 for espoirs, 24 to 29 for seniors, and then follow the British Cycling masters format of 5year increments from age 30 onwards, ie 30 to 34, 35 to 39, 40 to 44 and so on until you get to be very old or can't see the point of racing, which is the same thing in my book!

Any record that is claimed must be from an open event because although our club courses are accurate they have not been officially measured.

The idea is that as a rider moves through the age bands he has a target to aim at, also as he gets older and his personal circumstances change he has the incentive to try a beat his previous best.

The records will be on the web in same way as the all time club records are, and they will be published in the News at the end of the season.

Cycling heroes

Was it love at first sight?

My cycling hero would be Beryl Burton or maybe Tom Simpson. No, the greatest for me has to be the late great Beryl Burton. This is why:

I grew as a time trialist right in the middle of BBs finest years. The comic was never without some story of her fine achievements. She was an all rounder, not just a club person or a UK based TT star, but also a World Champ. I always remember two things in particular: a quote from her in Cycling Weekly "Our Club runs go as fast as the slowest person"; and when she caught me in an 100 on the Boroughbridge.

Some of her achievements:

Women's world road race championship in 1960 and 1967. She also took the silver medal in 1961.

Women's world pursuit title in 1959, 1960, 1962, 1963 and 1966 also taking the silver medal in 1961, 1964 and 1968 and the bronze

in 1967, 1970 and 1973. Only 3 years from 1959 to 1973 when she didn't medal!!!

Women's BBAR for 25 consecutive years between 1959 and 1983.

10 mile Nat Champ 4 times, 4 Comp Records and a PB of 21:25.

25 mile Nat Champ 26 times, 11 Comp Records and a PB of 53:21.

50 mile Nat Champ 24 times, 10 Comp Records and a PB of 1:51:30.

100 mile Nat Champ 18 times, 10 Comp Records and a PB of 3:55:05.

12 hours didn't have Women's Nat Champs in her day, 2 Comp Records and a PB of 277.25 miles.

In 1967 she famously set a new 12 hour time trial record of 277.25 miles, a time that beat the existing men's record by 5.75 miles and saw Beryl catching the men's record holder (Mike McNamara) before the finish, handing him a liquorice allsort as she passed! This is her only record that still stands – 30 years on!!

So, who is your greatest cycling hero? Tom Simpson, Eddy Merckx, Ian Cammish, Lance Armstrong, Vicki Pendleton or *****?????

Dave Wentworth

Letter from Canada

As an OAP member of the Nomads living in a suburb of Vancouver, Canada, I must say how pleased I am to receive the Nomads Newsletter regularly by e-mail. I am really impressed with the great times being posted by Nomad members.

Clive has encouraged me to write a note to tell you about the cycling activity in this part of the world. As you may know Vancouver in British Columbia Canada has a fairly moderate climate in relation to the rest of the country. In fact the weather here is quite similar to that of the UK.

So this means that our cycling seasons are about the same. The only problem is that we have the rainy season from around November until the beginning of March. As an older rider I don't get much enjoyment from riding in the rain anymore and manage to keep some cycling miles by riding on a wind trainer in my basement.

Also, we have a covered velodrome close by with a wooden surface and 200m in length. Which is good for keeping fit during the rainy season? The banks are 47°, which makes for some hairy riding experiences. It was quite a thrill to ride on a track again after so many years since my initiation to track riding with the nomads in the UK. After all that time (more than 35 years) I found my limited track skills had not deserted me and I have yet to fall off.

The Canadian national track team is not usually able to train in the winter and often uses our track because it is the only covered velodrome in Canada. Usually they do winter training in California. Unfortunately Canada has not produced the overall level of track cycling that has been attained in the UK. But we have produced some good sprinters including the current ladies Olympic champion, Laurie Anne Muenster who did a lot of training on our track. World record holder for the 200m Kurt Harnet, from Ontario, has never visited our track and is not likely to now that he has retired.

With respect to riding on the road we have some great training country here in the Vancouver area. There is a large expanse of flat open wide roads in the country farm areas. There is almost no traffic and excellent road surfaces.

As you may know we also have mountains and as Vancouver is located at sea level we have some really good climbs to the ski resorts, which are still operating at this time of year. Two mountains in particular (Mt Seymour and Cypress Bowl) are used for training by the most ambitious riders. Each of them involves a climb of about 3500 feet and the hairpin descents that are a great test of nerves. There are sometimes crashes by more inexperienced riders since after long vigorous climbing there is tendency to get lethargic and loose concentration on the way down. I never realised until I experienced this odd sensation myself, just how important this can be.

During the racing season we have a number of events mainly consisting of criterions and some time trials on flat roads and up mountains. Generally speaking all the races need to be reported to the police beforehand

but there is not the same restrictions placed on road racing here that there is in the UK.

For the big races with prizes we get visitors from the States with their pro teams. Roads are closed for the bigger events.

For my part, we have a number of veteran cyclists here were still racing in the senior age categories. Amongst our distinguished old uns is Tony Hoar, the first UK rider to complete the Tour de France. There are also a number of Italians who raced professionally in Europe and some other former Olympic riders from Germany, Denmark and Holland. It is a great thrill to ride with these people and they still are pretty d_____ good but it is nice to the get edge sometimes.

I have a number of bikes but for the road I have an Orbea and a Cannondale (it helps that my wife's side of the family are bicycle dealers). Both bikes are fitted with triple rings because I live on the side of a mountain with a steep ride back to my house which is a climb of about 600 feet but in late summer I have been known to climb to the top of the housing development at 1200 feet. Well suited for my 'granny gears'.

I have been seeing from watching live Premier League games on the TV, that the weather has been exceptionally good in the UK and seems your riding season is off to an early flying start. Weather here is improving with temperatures at the seasonal normal of about 17°. Lots of riders out at this time.

Thanks for reading, time to hit the road.

Best wishes,

Mike Toddington

Thanks Mike, superb letter, could you send another letter later in the season?

Clive

Club Runs For May

20 th May	St Neots
27 th May	Family Ride to Danish Camp

Family Ride to Danish Camp

Although the destination is the Danish Camp the club committee felt that it might be a good idea for riders to bring their own food and drink for a picnic at the lock, which is just before you reach the Danish Camp. The reasoning is that because it is a bank holiday

weekend the Danish Camp will be crowded and there would be a long wait to get served which as every parent knows is no fun with young children.

Club Runs For June

3 rd June	Hare Street
10 th June	Woburn
17 th June	Barney's Café Hertford
24 th June	London Gliding Club

Club Run Sunday 13th May

When the club run got to Welwyn sports centre last Sunday and we were sitting down with our cup of tea, yarning and generally having a good laugh, when someone suggested that it might be a good idea if we got together a group of cars early one Sunday morning and drive for about 1½ hours in any direction, then park up grab our bikes and ride some new roads.

Is there anybody up for organizing this away day?

It would have to be organized towards the back end of the season.

ROAD COMMISSAIRE TRAINING DAY

CENTRAL REGION ARE LOOKING TO RECRUIT AND TRAIN COMMISSAIRES FOR ROAD RACING. WE ARE HOPING TO PROVIDE A JUDGING COMMISSAIRE TO ASSIST AT ALL RACES WITHIN THE REGION. TO FULFILL THIS WE NEED FURTHER OFFICIALS; RACING EXPERIENCE IS NOT NECESSARY AS FULL TRAINING AND MENTORING WILL BE UNDERTAKEN.

A REGIONAL ROAD RACE COMMISSAIRE'S COURSE WILL TAKE PLACE ON SATURDAY 23 JUNE 2007, IN THE MILTON KEYNES AREA AND WILL TAKE ABOUT 6 HOURS. THE COURSE WILL FOLLOW THE NEW BRITISH CYCLING GUIDELINES.

CURRENT COMMISSAIRES CURRENTLY OFFICIATE AT ABOUT 6 EVENTS PER YEAR. PLEASE REMEMBER MOST OF US LIKE TO RACE, BUT WE NEED OFFICIALS TO RUN THE RACES. PLEASE FIND A LITTLE TIME TO PUT SOMETHING BACK INTO THE SPORT.

PLEASE CONTACT IAN CHATFIELD 07852 167489 EMAIL ian.chat@btinternet.com OR MIKE CLARK 07747 043094 EMAIL michael.clark37@ntlworld.com

Dave's Dilemma

Doing a float 50 – you know the feeling, catching the field with a feeling that you are just floating along at an effortless ease – and getting a front wheel puncture. Got off the bike and flung it over the edge in a total fit of temper – then 20 seconds later along comes the Harry Hall service van on his way home from a road race. He bibs his horn and waves – he thinks I'm behind the hedge having a pee, not retrieving my bike.

Dave Wentworth



Media Watch

It a sure sign that we are riding into the summer when you start seeing articles about cycling such as 'I rode the Kent stage of the Tour de France on my Brompton', the fact that he missed the 55 miles on the London end is neither here nor there. In the same publication there was the article 'I love urban cycling in my Rapha gear and on my Roberts steel bike!' and while we are on the subject of **Rapha**, did you see their Spring/Summer catalogue that came with the comic last week, not a hard shell helmet in sight, then there was the guy shaving his legs in the bath, I don't think he had ridden a bike in a while, (LEG SHAVING KIT £130, all it is, is a brush a safety razor and a tube of cream, when I started shaving you could get the same kit from Woolworths and get change from 2/6 and factor that by 100 to bring it up to today's prices, that would still only be £12.50). I could rattle on for pages about the price of things in their catalogue but just one more price to run pass you LIMITED EDITION GLOVES £100 in African Hair Sheep Leather. Why so expensive do they have to hunt them down first? Poor Sheep!
Clive