



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

What a superb lead out to National Bike Week starting today with 14 Nomads on the club run last Sunday morning.

The Dave Gudgin series is beginning to warm up with Keith Rapley shafting the handicapper on what was by common consent a bit of a hard night.

We are beginning to look like a proper newsletter with race reports from Dave Wentworth and Steve Robinson on the same event. It is interesting to read two different views of the same event.

Nick Senechal has forwarded an email which I publish below, if any member would like me to forward the email or print it off please give me a call.

Between now and the next news letter I along with Richard, Paul, Frank and David will be doing a good deal of mile eating by riding to the York rally and then riding the Ron Chicken challenge while we are there then riding back home.

A full report on our exploits in the next newsletter

Now here is an interesting fact, according to Dave Wentworth, the hill climbing on our ten course is 30 feet less than the North Bucks R C 11.5 mile course.

So would it follow that if there is 30 feet of climbing in the first $\frac{3}{4}$ of mile of the North Bucks course, if so, then that makes our course equal to theirs for climbing.

I will now hang up my anorak in the cupboard.

Clive

Racing Results

Briercliffe 10

Tuesday 29th May

Pontus Axelsson	26:42
David Ledgerton (fixed)	27:24

Clive Collins	28:36
Neil R Fraser	29:37
James Spence	29:47
Steve Smith (fixed)	30:55
Richard Bland	31:29
Pete Hanlon	31:35
Keith Rapley	32:29

Timekeeper: Frank Turner

Pushing Off: Tony Furby

Team Cambridge 10

Course E2/10

Saturday 2nd June

Dave Wentworth	22:59
David Ledgerton	23:43
Steve Robinson	24:05

Dave Gudgin 25

Tuesday 5th June

	Time	Handicap
Neil JJ Fraser	1:05:55	– 1:04:28
Robert Cunningham	1:07:11	– 1:02:18
James Cornell	1:07:43	– 1:02:16
Andy Saunders	1:09:28	– 1:05:26
David Ledgerton (F)	1:10:46	– 1:03:56
Paul Riley	1:12:04	– 1:06:46
Clive Collins	1:14:19	– 1:02:18
Neil R Fraser	1:15:02	– 1:04:02
Julian Sedlecki	1:17:08	– 1:04:43
Steve Smith (F)	1:20:32	– 1:04:12
Pete Hanlon	1:21:28	– 1:04:42
David Summerell	1:22:11	– 1:09:07
Keith Rapley (F)	1:22:25	– 0:57:15

Timekeeper: Frank Turner

Pushing Off: Tony Furby

Briercliffe 10

Tuesday 12th June

Neil JJ Fraser	Time	25:11
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Andy Saunders	25:42
Pontus Axelsson	26:52
Dave Wentworth	26:52
Steve Robinson	27:01
Paul Riley	27:33
David Ledgerton	27:39
Toby Blyth	28:46
Robert Cunningham	29:40
David Summerell	29:46
Steve Smith	30:59
Keith Rapley	31:35
Graham Jones (come & try it)	37:15
Paul King	DNF
Neil R Fraser	DNF

Timekeeper: Frank Turner

Pushing Off: Tony Furby

Geoff Denny Memorial Trophy

Standings at the 12th June

Frank Turner	12
Tony Furby	11
Richard Bland	4
Steve Smith	3
David Ledgerton	3
John Houghton	2
Steve Robinson	2
John Harrison	2
James Spence	1
Sue Kelly	1
Geoff Perry	1
Barbara Day	1
Clive Collins	1
George Waterhouse	1
Ann Bland	1

Captains Corner

In the first of an occasional series I'd like to nominate a ride of the month. The first winner of this recognition has to be Dave Wentworth for his 22:59 on the E2. As you'll see elsewhere in the news, three of us rode and Dave hammered David and me by some margin. It was his fastest 10 since 1983 and 4th fastest ever, so quite a performance.

After the disappointment of coming third in the Interclub 10 it is time to strike back with the 25, which is on July 1st on our club course. I've had quite a few sign-up but am still missing some of the regulars so please email me ASAP to confirm you are riding as we need all the points we can get.

Upcoming events to make a note of:

16th June

Club Barbecue and come and try it time trial. This is very much a social occasion for all the family with a park adjacent to the village hall, so please come even if you don't fancy a thrash round a nice quiet course. The HQ is Guilden Morden village hall and Sign on is 14:30.

Here are the other events to ride in July

1st July Interclub 25 club course 1U/25 HQ Old Walden village hall

We need as many riders as we can get to ride this event.

8th July Hertfordshire Wheelers 10 course F20/10

14th July Beds Road CC 10 course F1/10

15th July Verulam CC 25 course F10/25

15th July North Midds & Herts 100 course F1/100

29th July Shaftesbury CC 50 course E2/50b

That's all for this one, see you all at the Barbecue.

Cheers

Steve

Race Reports

Saturday 2nd June – Team Cambridge E2/10

On a warm and still evening three Nomads turned up to ride the E2 near Newmarket.

Results were:

Dave Wentworth	22:59
David Ledgerton	23:43
Steve Robinson	24:05

Dave Wentworth's time was his fastest since 1983, David Ledgerton was baulked at the turn and still managed to get within a couple of seconds of his lifetime PB and Steve Robinson clocked his fastest 10 for 5 years so fair to say it was a good night.

Total time for our team of 3 was 70 minutes 47 seconds, interesting to see if we can improve on this as the season goes on.

The Plowman Craven team took the top three places and only missed setting the team 10 record by a couple of seconds, and then donated all of their £120 of prize money to charity which was a nice touch.

Steve

Team Cambridge 10 on the E2/10

I actually managed to enter an event with other Nomads in this week – Steve Robinson and David Ledgerton also rode. It made a nice change to actually know someone at the start!! Mind you, with Plowman Craven riding and holding 3 of the top seed positions we stood zero chance of the team prize! But, we had a team entered.

Well, I was out of bed at 5am yesterday morning and my god-fathers was it perfect? Warm with a gentle breeze. Perfect for time trialing. It couldn't continue like that until the 5pm start time – could it?? 10:30am and I've got the bike and my kit ready. 11:30am and I've had a pasta lunch – but had I eaten too much of my favourite food? My belly still felt uncomfortable when I left home at 3pm. 2:30pm and the bike is in the car, the tyres pumped-up and I'm getting ready to leave. 3pm and I'm collecting Jill from work – she'll spend the afternoon with friends in Royston. Oh, that weather – still as perfect as perfect can be. My guts were churning with the realisation that if I couldn't do that sub-24 minute ten today, then I'd never do it again.

The HQ was stuck out in the sticks – 3½ miles from the start – down lanes that were only just wide enough for two cars to pass, but you had to slow down!! And was it rough, I had my wonders if those slick tyres would actually make it to the start.

First off was David at number 58, then me at 74 and last Nomad to leave was Steve at number 99.

Start time arrives and it's still perfect. Oh my god-fathers, will I hold the speed on those up hill slopes – need to concentrate on keeping the gear spinning at that nice 90-95 cadence. I'm off and my HR is off the scale within the first mile – don't blow at the half way point. My minute man doesn't pass me until 4 miles – that's good, he's a sub-21 minute rider. Get stopped on the RAB turn, but manage to at least keep the bike rolling, don't panic, just take the RAB with care. Seven miles, still no two minute man, eight miles and past he comes – OK, hold him at 200m. HR is over the red line, lungs busting, but I hold him up the drag. It's no good, the lungs just refuse and he pulls away over the crest of the hill as his superior power tells.

On the down hill slope to the finish I actually manage to close the gap again. It's done, what's my time? Don't know forgot to stop the watch.

Now it's three and a half miles back to the HQ, I'm getting chilly now the effort has stopped. In the car park David comes over and tells me what I've done. I don't know who's more surprised – me or David.

Well, for me it was a perfect day – my fourth fastest ride ever and my best since 1983. I'm well chuffed with a 22:59. Perfect, simply perfect. BUT, could I have found an extra 35 seconds for a lifetime PB!!!

A few more intervals me thinks!!

Steve rode a 24:05 and David got within 6 seconds of his PB with a 23:43.

Dave Wentworth

North Bucks club event at Stony Stratford

A bit late coming to press on this one but for my first event of the year I decided to have a go at one of the local “so called” tens. The North Bucks have a course just two miles from home and starts in Stony Stratford.

It's a hilly course to say the least – 420ft of climbing compared to 390ft for the Ireland course. Basically the first 5¾ miles in uphill with a few rest periods. The return 5¾ miles is basically down hill with a few hard efforts. OK, you mathematicians, I did say it was a “so called” ten!!

So, the course is hillier than the Ireland course, the road surface is ultra-crap, the lanes are just as small, it has more pot-holes than the Peak District and it turns on a main road RAB. To me that says it no better, sorry, it says it's a WORSE course than ours.

The event was advertised as being up to 20 riders maximum – they closed the list at 27 riders, which I was told was a POOR turnout!!

OK, I rode in long sleeves and tights, and used the Conti Gator Skin tyres which have a rolling resistance comparable to that of sticky toffee pudding, but I didn't expect to get

caught for 4 minutes within four miles!! This guy came past with sweat dripping from him like he was on the turbo. My god-fathers, I

heard this steam train coming from behind and then saw his arse disappear up the road like it was on fire! He finished with a 25:32 for 11.5 miles on a course hillier than ours – now, that’s no slob on a bike!!!! My ride, well I was quite happy with a time of 32 and a bit - all considered.

Dave Wentworth

Club Runs for June

17 th June	Barney’s Café Hertford
24 th June	London Gliding Club

Club Runs for July

1 st July	Moggerhanger Hall
8 th July	Van Hage Garden Centre Great Amwell
15 th July	Forest Centre Marston Vale
22 nd July	Riverside Garden Centre Bayford
29 th July	Saffron Walden

Tour de France Accommodation

This email was sent to me by Nick Senechal.

Hi,

My name is Ben Farley,

I run a chalet here in the French Alps. The chalet is on this year's Tour de France route and its location will actually give us two opportunities to watch the riders, as we will see the finish in Tignes on the 15th July and the start, following a rest day, from Val D'Isere on the 17th.

We have created a week's itinerary for guests combining watching the Tour and cycling some of the famous mountain passes in the area accompanied by guides and supported by vehicles to carry bikes and weary guests.

I have attached a copy of the itinerary and I wondered if you would be so kind as to forward to your members.

Further information can be found on our website

www.alpineculture.com and the Tour de France website

<http://www.letour.fr/2007/TDF/presentation/fr/profil-800.html>.

I hope that it will be of interest.

Many thanks,

Ben

Tour de France Week

This is a suggested itinerary. It can be adapted based on the weather and groups ability. We can also cater for non-cyclists.

Saturday 14th July

Arriving on Saturday morning at Geneva, you will be met by two mini buses waiting to collect the riders and their bikes. We will head through Annecy along the shores of the famous lake and wind our way up through the mountains to Ste Foy in the Haute Tarentaise valley. Arriving mid afternoon there will be an opportunity for a quick warm up ride with your hosts before dinner is served at around 8pm. The 14th is Bastille Day when the French celebrate becoming a republic, so we will probably wander down to the local bar for a beer to watch the fireworks across the valley below.

Sunday 15th July

The Tour will travel south from the town of Le Grande Bornard in the Beaufortain mountain range over a series of mountain passes to Tignes just twenty minutes up the road from the chalet. The route actually passes the end of our driveway and it will be lined by vehicles with many people staying overnight in tents and caravans to get a roadside spot. However the first riders are not expected until nearly 5pm so we would suggest an early ride with our guides and a return for lunch to avoid getting trapped by one of the many road closures in place on the day of the event. We will have a huge flat screen TV set up so that we can watch the progress with a few cold beers in the chalet before heading down to the roadside (150 metres) to see the peloton come through. We'll end the day with a barbeque on the terrace.

Monday 16th July

On Monday the riders will be having a rest day in Tignes, one of Europe's biggest high altitude ski resorts. Again we would suggest an early start to beat the heat and to get acclimatized. Our guides will take those keen to cycle on a ride finishing in Tignes, where there will be a huge party atmosphere, endless tents with the latest kit, music and events.

We will head back to the chalet for an early dinner, as the following day we need to head

to Val D'Iserere (20 mins) to watch the start of the race.

Tuesday 17th July

The exact itinerary and timings have not been released yet but we anticipate an early breakfast to beat the traffic and find a spot to watch the riders start another intense mountain stage. Climbing starts as soon as they leave the town of Val D'Iserere (1850m) and they will ascend just under 1000 metres up a narrow mountain road to the Col D'Iseran (2770m) before descending into the rugged Maurienne valley. Having watched the riders depart we will head back to the chalet from where our guides will take a ride to the Col de Petit St Bernard (2150) and down in to Italy to the village of La Thuile where we will have a late lunch and then spend the afternoon in the beautiful spa at nearby Pre St Didier. 60 km. There is then the option of a ride home back over the Col or a lift in the mini bus!

Wednesday 18th July

This will be the biggest day for our cyclists. Starting from Val d'Iserere we will re-trace the route that the Tour took the previous day. We'll head over the Col d'Iseran down through beautiful Bonneval and along the Maurienne valley, over the Col du Télégraphe (1566m) and then the famous Col de Galibier (2645m) before descending down into Ecrins valley to historic Briancon. The total distance will be 159.5km and the cols covered will be some of the most intense. At all times we will have a support vehicle and two guides enabling the group to split up.

Thursday 19th July

This will be a rest day with the option of a gentle walk in the surrounding area or a trip to one of the nearby swimming pools. Dinner will be at a local restaurant.

Friday 20th July

For our final day we suggest cycling part of the Sunday 15th stage in reverse. Leaving the chalet we will head through Montvalezan and down into Bourg St Maurice before heading out through a spectacular mountain road to the Cornet de Roseland 1967 m, another famous Col. We will then descend into the charming town of Beaufort before taking a left turn to Albertville. We will end the day in Albertville and have a journey of just under an hour back to the chalet in the mini bus

Saturday 21st July

Back to Geneva for return flight home.

The Chalet

Please take a look at our website www.alpineculture.com for more details about the chalet. We have ten en-suite rooms, a sauna and massage area, a huge lounge/dining area with fantastic views and a garage/workshop area to store and maintain bikes.

What's included?

We offer breakfast, afternoon tea and a four course evening meal six days a week. On chalet day off breakfast is served but there is no evening meal.

All drinks are included.

We have a different red and white wine each night at dinner to reflect the different regions of France.

All transport, guiding, and the support vehicles.

Simple pack lunch for the rides.

Transfer to and from the airport (Geneva).

Meals in restaurants and drinks in bars are not included.

Price:

The price for the week is 800 Euros or 550 GBP. For independent travel we can offer a reduction please contact us to discuss.