



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

One week to go for the Le Tour to start in London, I am hoping that members can write me articles of their experiences of the tour for the Nomads News special at the end of July.

The final event of the Dave Gudgin competition will be ridden tomorrow, sadly Steve Smith will not be riding because he came down on the new laid road surface and injured himself in the last Dave Gudgin.

Dave is going well on the bike as well as at the computer. Thanks for the reports Dave.

Ann and myself enjoyed a visit to my sister and her husband who are both cyclists and members of the Chippenham and District Wheelers. We had some gentle rides round their local lanes and a pint or two when pace got a bit warm.

Their club have access to the Castle Combe racetrack and they have three lady instructors who have taken the British Cycling Go Ride course to cover a youth membership of about 40 of all ages from tiddlers up to juniors, they have a total club membership of about 300.

For me the star was Rolly who had just started school and commuted on his bike three miles each way to school every school day, and did it show! His bike handling skills were years in front of his age.

The club barbecue and come and try it time trial was a little disappointing with only seven riders and the regulars who support the club.

This is the club summer social event, which balances with the Boxing Day 10. I think maybe the weather had an influence on the afternoon.

Well done chaps in the interclub 25 last Sunday, we are now on top of the competition but we need to make the 15 and 30 mile time trials count because our weakest event is the hill climb.

Clive

Email from Steve Smith

I received this email on the 27th June from Steve Smith on enquiring how his arm was after he came off his bike while riding the third event in the Dave Gudgin series.

Hi Clive

I took Tony and Frank's advice on the Tuesday night and went to the Luton and Dunstable hospital to get it checked out.

X-Rays revealed a fracture of the radius (the bigger of the two bones) in the left arm. They put a half cast on the arm as a temporary measure due to the swelling. I returned the next day but the arm was still too swollen and I only went back today (27th June) for the full plaster cast but they still couldn't get my wedding ring off yet.

The cast is due off on the 27/7 so a bit of a disaster with regard to riding but these things could be so much worse.

I hoped to marshal the Interclub 25 but I fear I may be stuck working in Scotland, we shall see.

Please send my regards to everyone and I hope to see you very soon.

All the Best

Steve

Hi Steve

Please mend soon.

Always remember you will need to have another two broken bones to overtake me but you are still young yet. Plenty of time.

Clive

Race Results

Dave Gudgin 25

Tuesday June 19th

	Time	Handicap
Tony Anderson	1:01:54	1:01:54
James Cornell	1:06:26	1:00:59
Neil JJ Fraser	1:08:02	1:06:36
Julian Siedlecki	1:12:31	1:00:06

Clive Collins	1:12:41	1:00:49
Pete Hanlon	1:16:37	0:59:52
Keith Rapley	1:23:22	1:03:09
Steve Smith	DNF	

Timekeeper: Frank Turner
Pushing Off: Tony Furby

Briercliffe 10 Tuesday June 26th

Tony Anderson	25:12
Neil JJ Fraser	25:25
Pete Hanlon	30:24
Neil R Fraser	30:52
Keith Rapley	32:00

Timekeeper: John Houghton
Pusher Off: Tony Furby

Dave Gudgin Handicaps

Dear All

Tuesday is the last of this year's D Gudgin 25s, time is flying by, except when on a bike and trying to beat the clock then it drags. Handicaps attached. Current standings are on the website as at dates are wrong but data is ok, just to reiterate the rules, it is the best 3 out of 4 rides that count so if you have ridden only 1 or no events then although you are included in the following list you won't be able to win.

Rider	Handicap
Anthony Anderson	Scratch
Neil J J Fraser	00:01:42
Andrew Saunders	00:04:18
James Cornell	00:04:31
Andrew Herbert	00:04:33
Robert Cunningham	00:05:17
Paul Riley	00:05:35
Pontus Axelsson	00:05:54
David Ledgerton	00:07:06
David Wentworth	00:07:57
Paul King	00:08:09
Steve Robinson	00:08:20
Nick Senechal	00:09:55
Julian Siedlecki	00:10:36
Clive Collins	00:10:46
Neil Ross Fraser	00:11:17
Toby Blyth	00:11:21
James Spence	00:11:38
Jamie Tomlin	00:12:03

David Summerell	00:13:21
Peter Hanlon	00:14:43
George Waterhouse	00:15:12
Jonathan Lavery	00:16:41
Steve Smith	00:18:37
Richard Bland	00:19:57
Tony Furby	00:19:59
Keith Rapley	00:20:30
Graham Jones	00:34:57

See you Tuesday

David

Captains corner

That's a bit more like it!

A strong turnout by the Nomads in the Interclub 25 (despite less than ideal conditions) has seen us win this round with **130** points from Icknield with **66** and Beds Road with **57**.

This fantastic result puts us back on top of the leader board by just **8** points with three rounds to go. Next up is the 15 at the end of July so keep your diary free for the 29th to ensure we can stretch our lead further and retain the trophy.

Many thanks to all who helped make the event possible, I've never had so many offers from people to marshal which was really appreciated. As always Ann and Sue did a great job of looking after us, and without Richard and Tony we wouldn't have been able to start at all.

If you're thinking of riding an open event in early August I can recommend the following:

4th August – F12/10 (Leighton Buzzard) – Hemel Hempstead CC

12th August – F1/25 (Tempsford) – Finsbury Park CC

12th August – B10/3 (Somewhere in Norfolk!) – Anglia Velo

The club middlemarkers 25 is on **Sunday August 5th**, so if you are available to help marshal there please let David Ledgerton know. Be nice to see some new faces there so we are not relying on the generosity of the same people all the time!

Finally, I've been doing some bike related reading over the last month or so and have two recommendations for you if you haven't

read them already. Michael Hutchinson's book *The Hour* is a brilliantly written and genuinely funny account of his attempt at the record. For the testers amongst us it is also truly eye opening to see the gap between us at a club level and the people at the top.

A more depressing read, but equally fascinating, was *The Death of Marco Pantani* by Matt Rendell. I thought I had a pretty good idea about the extent of drugs in the pro peloton, but it turns out I was wrong. Well worth reading, but you won't be sniggering away in the same way that you will with Michael Hutchinson.

Hopefully we're done with all the rain now and we can get back to some riding in the sun over the next few weeks.

Cheers
Steve

Thanks to Steve

Well, what a surprise to be nominated as rider of the month by Steve. I was totally gob-smacked. A great idea Steve – well done. Thanks for the nomination – I'm well chuffed!!

Dave Wentworth

Race Reports

Rugby Velo on the K9/10

Compared to the last time I rode this course the weather was warm, dry and next to no wind. The K9/10 (aka K10/10) is on the A45 between Rugby and Coventry and is just 40 minutes drive from home in Milton Keynes. I knew from my last ride on the K9 that the roads were not smoothest in the world. But maybe my recollection of just how bad had been masked by my efforts to try and keep the bike in anything resembling a straight line in the strong side winds that day.

OK, to the events of the event. I know some of you already know about the timekeeper problems with this event but for those who don't know, here is the low-down. It seems that the first six riders to finish didn't get a time because the timekeeper went to the wrong finish point. Whoops, wota a mistaka to maka!!!! It was just as well that the riders with no times were early in the field – they had time to calm down before the officials

arrived back at the HQ. I think we would have seen blood!! BUT, in fairness to the timekeeper this course does have different start and finish points depending on whether it's an Open or Club event. AND, in support of the Rugby Velo it was one of the best organised events I've ever taken part in. When did you see parking marshals and red flags being waved at the hazardous points of a course for what is a fish 'n chipper Open event?

For me, well, I certainly wasn't as psyched-up as I was the weekend before for the E2 event – lets face it, I was never going to do a life time best on the K9 was I. But, the HR was still off the scale, the lungs were still bursting and I was still chuffed with a 24:34. I blew the ride on in the last 2½ miles which was the slowest at 6:30. I'm not quite sure what happened, the last quarter should be the fastest given a down hill slope to the line!! Anorak on – my 40th best ever ten – anorak off.

Dave Wentworth

VC Chesterfield O10/1 23 June

The O10/1 is on the A614 at the tiny village of Hatfield Woodhouse some 20 miles north of Doncaster. Originally when I entered the event, I thought it was on the O10/2 on the A1 at Blyth – where I did my best ever top two rides. Alas, I didn't read the handbook properly!!

Don't worry folks, I'm not doing a 260 mile round trip to ride a fish 'n chipper ten. I was coupling the ride with a weekend in Manchester with my Mum. It worked out quite well actually and I only did an extra 40 miles more than the normal trip back home. If it'd been on the old deceased O10/2 it would have been no extra miles at all – but I'm not surprised that course has gone.

The O10/1 looks quite a reasonable course on the map with a gift profile to it. Slight up-hill start – so slight that I didn't notice it to be honest - a two mile gift down hill section that drops from the locally elevated position of 26ft to 9ft, a pan-flat mid section, and then only part way back up the mountain that I came down from the start. Reasonable road

surface, some traffic but no heavies – they are all on the M18 just a mile away. As I said – quite reasonable on paper. Oh, the HQ, well that was just 200 yards from the start and 2 miles from the finish.

Wednesday – the weather forecast looks good, a 5mph tail wind for the 6mile outward leg. Thursday – the wind has changed to 1mph side wind. Friday – the wind in 10mph tail for the outward leg. All looked very good for a good day. Saturday – stormy, overcast, rained during warm-up, 15mph side wind!!!

Never mind the weather, lets just ride. I'm all psyched-up and ready to go for it. Local rules don't allow warm-up on the course once the event has started so I rode it completely blind.

By the time I'd taken advantage of the gift hill from the start and was on the pan-flat dead straight mid section I could see my minute man – but was I catching him? I must be closer than a minute, the gap looks even smaller when my two minute man catches me on exactly 5 miles. Not worried, Julian Ramsbottom is a good sub-20 minute rider. By the turn at six miles, my minute man is only a few hundred yards up the road. Try as I might, though, I simply couldn't catch him. Last mile and it's up hill, HR up in the clouds, lungs gasping. At the finish No 57 was a mere 10 seconds in front of me.

Back at the HQ all the talk is about the accident. No one was quite sure if a rider had been hit from behind – by another rider – or if the hospitalised one had hit a car from behind or if both situations were true. Anyway, his bike didn't look as if it had hit a car from behind! The Police and ambulance were on the case and I suppose we were lucky that the event wasn't cancelled mid-event. One rider hospitalised, another bruised and battered but at least he was walking.

I'm cleaned off, changed out of wet race gear, got the bike in the car, kit bag packed-up and in the HQ. Holy shit, my time says 22:40. No, it can't be true – I've worked hard and nearly caught my minute man but no it can't be true. Can it!!!! I look up the board and the eyes lock on what No 57 has done. I'd not quite caught him for a minute but he's

done a 25:50!!!!!! “Mr Organiser, I think my time is wrong.” Mr Timekeeper comes over, “What's the problem”. I explain I think he's got me two minutes faster than I should be – it's always dodgy questioning a timekeeper. “Oh yes, I see what's happened, they've put up the time of finish rather than the elapsed time”. So, a 24:40 is not so bad. Yes, I'm happy with that considering the windy conditions.

Would I ride the O10/1 again?? I think so, but it'd not be worth the 260 miles if a home based event. The talk amongst the riders was “I'm two minutes slower than last time on this course” and “What a sodding awful wind, did any one get any help from it”.

I'm resting for a couple of weeks now, so no race reports from me until after the TdF weekend in Canterbury – I'll be there at the finish of Stage 1. Have fun in London those of you who are going.

Dave Wentworth

Club Barbecue

I came to the cycling world late in my life and was delighted to be able to support the club in a catering capacity. So what I mean to really say is, that to support Hitchin Nomads, its not just about taking part in cycling events, it's also about supporting the club in other ways.

Take the event which was scheduled for Saturday 16th June for example, the F14/12 come and try it time trial, HQ at Guilden Morden followed by a BBQ. We catered for 30/40 people (we were optimistic). Seven riders signed on to take part in the time trial. The weather was awful, intermittent showers and downpours with the odd sprinkling of sunshine but it didn't rain during the time trial. Guilden Morden HQ is a village hall to the uninitiated.

The riders completed their time trial, Richard cooked burgers, chicken and sausages under an umbrella outside the hall. Sue, Tara and myself were safely ensconced in the hall kitchen. We set out our feast in the main hall and waited for a huge gathering of people.

To say we were disappointed would be an understatement. However, we take our hats

off to the magnificent compliment of guests who enjoyed our fare in the hall on relatively comfy chairs with not a care for the weather outside. It would have been nice to see a lot more people make the effort to support the club.

Ann Bland

Wiltshire Lanes, Local Beer and Sherry

Recently Clive and I visited Clive's sister Barbara and her husband Keith in Chippenham in Wiltshire. We did some cycling each day, to a pub for a drink and some lunch and back, but it was my distances not Clive's.

Barbara and Keith belong to the Chippenham and District Wheelers and we joined up with a couple of their events. After their evening 10 they have a club night in a local scout hut, which to my eyes was very lively though apparently it was a 'quiet evening'. Tea, coffee, squash and cakes were being served; club clothing for sale; lists for signing up for future events; lots of people and lots of chat.

The next day we rode to the pub, with me on the back of a tandem with Keith, and met several of the club there for lunch, most enjoyable. That evening they had a Go Rides event for the youngsters in the club and from many other clubs too. The riders were divided into three groups, by both age and ability. They were cycling around obstacle courses, and the youngest ones were learning how to pick up an object and cycle back to the start with it. We noticed one young lad because he was so confident and his bike handling was very good. Apparently he had just started at school, and he rides six miles a day, three to school and three home again. Clive and Barbara were marshalling another group of children on a more complicated obstacle course, which involved the children riding under a high jump structure and a little later over a seesaw. This course was on grass and small cones marked the route.

The children went on to do races on a circuit. The under 8s did 3km; the 10-12s did 8 km. The juniors did five 2 mile circuits and the elite 1, 2, 3, 4 group did fifteen 2 mile circuits.

It was great too watching youngsters who weren't riding operating the finishing flag. They knew which riders had done the full 3km and which had another lap to go! I should perhaps say that these rides took place at Castle Combe racetrack, and it was a very good evening.

Ann Collins

Five take the YORK Challenge

Earlier this year Richard Bland floated the idea of riding to York and stopping over the weekend to ride the Ron Kitching (its spelt right this time Paul) Challenge ride on the Saturday, attend the cycle rally on the Sunday and ride home on the Monday.

Whenever Richard suggests a venture of this kind I am first in the queue because I know that there will be story to tell, and so it came to pass that Wednesday 20th June was the day to start.

Wednesday 20th June

The plan was to take two days for the ride to York and two days to ride home, Richard Paul and David were going to camp at the halfway stage and Frank and myself were going to be softies and do bed and breakfast.

Frank found a farmhouse at North Hykeham near Lincoln that did bed and breakfast and were prepared to have the campers stay near the house and supply them with breakfast in the morning.

To start the ride it was decided that we would all rendezvous at Richard's house for 08.00 and all start off together from there. Paul and David rode from their homes straight up the A1 to Richard's while Frank and myself rode over to Hitchin and caught the 07.17 train to St Neots and then rode the mile and half to Richard's.

Richard and Frank were the navigators and so we set off with the rule of thumb that we would stop about every two hours.

The first stop was at the Haycock Hotel at Wansford. We are all saying to Frank will we need to take a top up on our mortgage to go in here and Frank is saying 'No, No, when I stopped here before it was reasonable prices', and so it proved because a double bacon sandwich was only £5.95 plus the coffee, the only problem was that it took them an age to produce the bacon sandwiches and we were

sitting there longer than we wanted too but the bacon sandwiches were good.

Back on the road refreshed but behind time we were enjoying the sun and South West wind on our back, which made for good progress.

When Frank and I made a reconnoitre of the route earlier this year we found that the B6403 Ermine Street east of Grantham was a rat run to Sleaford and decided to take an alternative route to Ancaster via quiet lanes but unfortunately we were unable to find anywhere for refreshment so we had to ride a couple of miles over to Ermine Street to find a pub for refreshment. Having refuelled we were off to North Hykeham for our over night stop which we reached by 17.20.

Our timing was pretty good as we caught the owner of the farmhouse having a bath, he popped his head out the window and greeted us and said the accommodation on the end of the house was open and that he would be down in a few minutes. On inspecting the accommodation and not knowing quite what the sleeping arrangements were, this room, which the owners nicknamed the 'potting shed', only had one double bed and I had visions of sharing it with Frank.

Frank is a very good friend but I don't think I could cope with sharing a bed with him.

As it turned out my worries were unfounded as the potting shed was allocated to the campers for their use and Frank and me had our own room in the house.

We refreshed ourselves with Frank having the first bath and in the interests of the environment offered me his bath water which I declined in the interest of wanting to get really clean, once we had bathed then we were ready to walk to the local pub for our evening meal.

Thursday 21st

The following morning we had a leisurely breakfast ready for the next 90 miles to York again with the southwest wind blowing.

The first part of the route wasn't too pleasant as we battled our way through Lincoln and on main roads for a few miles until we were able to get into the lanes again.

Our next stop was for eleven's at Gainsborough where Frank had stopped at a B&B a few weeks ago and mentioned that we

were coming through the town on our ride to York. The owners said to him to call in which we did and we were greeted with a big welcome and tea and teacakes on the lawn.

So onward North, as we cleared Gainsborough our route took us to a lane that followed the River Trent until we were west of Scunthorpe when we had to cross the Trent on the A18, which wasn't pleasant with the heavy lorries around you, but there wasn't a problem. Within a couple of miles we stopped for our midday snack at a pub by the river. I always have a romantic view of pubs by rivers, but not this one, it had a bit of an industrial feel about it and apart from one gentleman it was a case of here is your food, but the welcome sign is locked away so we made a mental note that we wouldn't call in there on the way back.

The next bit of the journey that we all found not very pleasant because of the lorries that were in and around Goole and Howden but again we negotiated that part of the route without problems. We stopped briefly at a garage on our way through Howden, but once clear of Howden we were able to get back into the lanes.

The weather forecast for the Thursday was for showers but we managed to miss them all apart from one as we were entering York.

Its interesting the way different riders react to the rain, I was ready to carry on because we only had two or three miles to go but Frank stopped to put the full rain wear on, as against Paul who didn't bother to put any waterproof on, and I just put my lightweight top on.

We got to the B&B at 17.20 and were welcomed by our wives as conquering heroes, while the owner of the B&B thought we were mad.

Friday 22nd

The Friday was a rest day to chill out and to get organized for the Ron Kitching ride on the Saturday, which I started but didn't finish.

Richard has written about Ron Kitching ride.

Saturday 23rd

**The Ron Kit Challenge Ride
For Paul and I what a great way to spend
our Birthday's**

Part of our itinerary for the trip to the York Cycle Show was the 105km Ron Kitching Challenge ride into the North York Moors, we had opted for the shorter ride but on learning that the 150km ride took in the infamous Rosedale Chimney Bank we decided that we would ride the three or four miles over the moor from Hutton-le-Hole, where the two rides converged, to Chimney Bank, ride down into Rosedale and then ride, or try to ride the bank and go back to Hutton-le-Hole and rejoin the ride course.

Four of us set off from the Racecourse at York; Paul, David, Clive and I. The route through York seemed a little complicated but we identified a rider who certainly appeared to know where he was going but was setting a cracking pace, soon we had worked our way to the front of all the riders with the exception of our guide and one or two other faster riders. At this point the going was reasonably flat and Clive shot off the front of small leading group, then a piece of rag I had been previously warned about got caught in my rear block and I had to stop and remove the wheel to clear it, so David and Paul had to watch with frustration as many of the slower riders passed us by.

We were soon off again and hadn't got far when we saw Clive standing by his upturned bike by the side of the road, we believed with a puncture, not so, on joining him we realized the problem far more serious but that is another story!

Briefly, my rear wheel rim split and I had to be rescued by Geoff Perry.

Thanks Geoff.

As Richard has stated that is another story for a further issue.

Clive

Meanwhile most of the rest of the riders passed us so we left Clive awaiting his rescue.

Soon after leaving Clive we began to encounter the start of the hills and from then on the ride got tougher but with the occasional exhilarating decent through stunning country. At Hutton-le-Hole we deviated to go to Rosedale, I had ridden these few miles to Rosedale before but had clearly forgotten what a hard ride to the top of Chimney Bank it was from the easy side even.

In the April/May edition of Cycle, the CTC magazine, there is an article about "Britain's 10 Best Climbs by Bike". Rated as number 1 is Rosedale Chimney Bank, which is described as the steepest section of road in Britain, a genuine 1 in 3. The climb has featured in numerous Tours of Britain and has always proved a shocking stumbling block for Continental riders who have not expected or experienced anything quite so steep. Indeed I have witnessed professional riders beaten by the hill pushing their bikes; my heart had gone out to them in their humiliation.

Our descent was not without concern I felt the need to hang over the back of my saddle fearing I was going to go over the handlebars and David's brakes would not hold him and required him to dismount at one point, Paul was gone!

In Rosedale we enjoyed tea and scones in a little Tea Room before we made our attempt to climb the hill, though I then discovered a flat tyre which I sorted as a heavy shower passed over, no more stalling for time we were off, it is steep from the start, I can only describe my ride the others were gone. I got over the cattle grid and weaved my way to the first hair-pin bend and that was that, I pushed for quite a way and tried to re-mount but found I was going down again and so continued to push, the latter part of the climb does ease and I was able to finish on the bike, I was cheered by some walkers who thought I had ridden up but being too honest for my own good confessed that I had cheated.

I understand David had got to a similar point to me but his lack of very low gears did for him, Paul on the other hand rode all the way, quite some achievement I assure you.

There were a few more lumpy bits before we got back to York and some amazing countryside, we passed the magnificent splendour of Caste Howard, though I by now was in no state to appreciate the sights, I was just hanging in but we made it and received our certificates. We clocked eighty miles, hard miles!

My weariness was not enough to spoil my 60th Birthday Surprise Party, but that is another story.

Richard Bland

Sunday 24th

On the Sunday morning after Richard's party I wasn't feeling a 100% and made a bit of a slow start which was a bit of a shame because I missed the service at the cathedral and the cyclists riding away after the service but as the rest of the group were going on to the rally I took a short cut from our B&B to the rally and met my Ann and the rest of the group at the entrance to the rally.

You know how it is, you start looking at the bike bits and say 'No I don't really need anything having already bought a new wheel to get home' and £50 later 'Well, yes they will come in useful.'

A feature of the weekend was that we all ate together in the evening, which for me made the weekend.

Monday 25th

Forecast is for rain so we all dress up in full rain gear apart from Paul who quite sensibly thinks its summer so has left his Gore Tex jacket at home.

We start off riding through York until we spot a cycle shop (York Cycle Works) where Paul pops in to buy a jacket that will cope with the rain that we know we are going to be riding in all day.

Now although we are riding in the rain we have a northerly wind on our backs so although we are wet the going isn't too bad.

We again had brief stop for a cup of coffee and in my case a Kit Kat at the same garage in Howden as we stopped at when we were north bound. The lady behind the counter thought that we were mad, its interesting how non cyclists just don't get what the motivation is to travel by bike over long distances.

With rain working overtime to create more rivers it was decided that our next stop would be Gainsborough and we would follow the A161 direct.

This was a good decision on behalf of our navigators because the A161 was very quiet for an 'A' road, whether this was due to weather or the fact it was a weekday I couldn't tell but it made for pleasant riding, so be it in the rain.

We met a couple of floods on our way to Gainsborough, one flood was under a bridge where the road had been lowered to give maximum height to the bridge. I have the

memory as I approached the bridge of a car driving into the flood with its lights on and just emerging out the other side when it stopped with its exhaust still under water and the driver trying to restart it and the depressing sight of the lights dimming as the battery struggled to cope with the overload and with no hope of starting.

As for the five on bikes, we just carried on through the flood, which at the deepest point came up to our wheel hubs. The campers stopped the other side of the flood to empty any water that had got inside their waterproof pannier covers, that done we were on our way again.

A few miles further on we came to a road-closed sign, which we rode round and came to a flood that was covering the road for 60 yards. As we approached the flood Paul called out to get on the pavement, (good call Paul, thanks) as we rode along the pavement we were all concerned whether we would hit something in the flood and come down in the water, but we all cleared the water without mishap which had been about the same depth as the previous flood, again the campers stopped to clear the water out of their pannier waterproofs.

Every now and again something happens that gives you a golden glow and you know that there are good people about.

We were going well, but it was still pouring with rain, and cycling through the village of Haxey, which is about 10 miles north of Gainsborough when this gentleman came out of his drive and shouted to us, 'Would you like a cup of tea? We were going so well that only the last two riders on the road heard the invite so we shouted up to the others that a cup of tea had been offered, so we all turned round in the road and rode up his drive and he opened his double garage and we parked our bikes inside, then his wife gave us some towels to dry ourselves off with, then we went into the kitchen where there was tea, salmon sandwiches, individual apple pies and a box of biscuits. What a feast to behold. We sat there dripping onto this kind lady's kitchen floor and I said to her what a mess we were making and she said, ' Never mind, it will wash.'

It turned out that they had seen us on the road a few miles up the road while out in their car and guessed that our route was going past their house and they had planned to offer us a cup of tea. For me, that's total Magic. While at this kind couples house, we made a phone call to our B&B at North Hykeham and booked an evening meal.

So now it was no more stops, we were heading for North Hykeham which we made in good time as we were there by 16.40.

Now we had to get ourselves dry and I have to say I didn't envy the campers although they did have the potting shed, which was very warm.

Mine and Frank's room had a double and a single bed, I had slept in the double bed on the way up so Frank claimed it on the way back, but I got to have the first bath and in the spirit of saving water I offered my bath water to Frank but he declined the offer on the premiss the we could afford to lose a little water. Having filled ourselves with lasagne and a fine cheese board I found that I was ready for an early night, I must be getting old!

Tuesday 26th

This was the last leg of the ride, for Richard it was going to be a 90 mile ride for the rest of us it was going to be 110 miles.

So off we set still a little damp but in good spirits because the weather forecast was reasonable and we would be unlucky to catch a shower and with the north wind still behind us although chilly it was helping us.

We were getting to be a bit hard as we kept going for the better part of four hours before we stopped for lunch at Uffington and were greeted by the pub landlord with 'Hi team' which I thought was a nice touch after the miles we had ridden together, we ordered baguettes and jacket potatoes and soft drinks for three of us and the other two had beer.

We were stopped for about 50 minutes then it was onward, as everyone wanted to get home.

We were still going well, as we rode into St Neots at 16.30 and Richard said that there is a cup of tea on offer at number 30 if anybody wants to stop, Paul and David declined the offer and pressed on, but Frank and myself decided to stop just to draw breathe for a few minutes.

Frank looked all in and with a bit of thought decided to catch the train home as for myself I was on a bit of a high and decided to ride home just to say that I had done a 110 miles for the day.

Epilogue

My thanks to Richard for suggesting the idea and also my thanks to Richard and Frank for their navigation skills and thank you **all** for your patience in waiting for me with my frequent comfort stops.

It was a superb week on the bike but it took me two days to recover, which is why the Nomads News is a little late this month.

Clive

Club Runs for July

8 th July	Van Hage Garden Ctre Gt Amwell
15 th July	Forest Centre Marston Vale
22 nd July	Riverside Garden Centre Bayford
29 th July	Saffron Walden

Media Watch

I spotted this article in the comic when I got home from the York ride.

How to stay young

Delay the signs of ageing

Don't stop exercising! Those who are still enjoying cycling into their sixth, seventh or even eighth decade have kept it up with no significant breaks since their youth.

Use weight training. Resistance training has been shown to help preserve muscle mass, increase resting energy expenditure, as well as helping protect bones against osteoporosis or mineral loss.

Rest more but ride as hard. Recovery slows as you get older, so allow more time between hard rides, and pay particular attention to your rest and nutrition after rides.

Be aware of hydration. Your urge to drink decreases when you are older, so if you are an ageing athlete make sure you are drinking enough.