



Nomads News

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The news letter of the Hitchin Nomads Cycling Club

Editorial

It's the long distance challenge coming up this Sunday 2nd with Icknield 12 hour. The club have 6 riders including myself entered. I cannot remember ever having 6 members in a 12 hour before.

We have the regular entries of David Ledgerton, Neil JJ Fraser and John Harrison and also first timers James Cornell and Neil R Fraser who fancied the idea.

Now I wonder who made the suggestion to Neil R that it might be a good idea to sit on a bike for 12 hours?

The weather looks set fair for a 12 hour day and I would like to wish all our riders all the best for a good ride, and if an old pensioner gives you trouble tell him to buzz off!

There are 31 entries for the 12 hour this year and I understand that the rumour on the road is, that this will be the last 12 hour that the Icknield RC will promote.

Steve Robinson has asked me to put a note in about the 15 and 30 Interclub time trials.

Dave Wentworth has sent me an article making the case for a flat evening 10 course. I will publish this article in the next Nomads News along with the views of the Club Captain and any articles that members may send me to contribute to the debate and post the committee meeting.

Results Beds Road Course F1 19th August

Tony Anderson 58:06

I spoke to Tony about his time in this event and he said that he was a little disappointed that he hadn't beaten his time for last year in the same event. I would like to be disappointed with a 58.

Clive

Briercliffe 10

21st August

Andy Saunders	25:41
Neil JJ Fraser	27:48
David Ledgerton	28:01

Interclub

Don't forget the Interclub 15 on the 16th September and the Interclub 30 on the 23rd September. If you intend riding them please contact Steve Robinson as soon as possible.

You will note from the calendar that there is a clash of date with the pre-club 10 on the 16th.

All I can say is well done Beds Road!

Club Runs September

2 nd September	Moggerhanger Hall
9 th September	Toddington Garden Centre
16 th September	Barneys Café Hertford
23 rd September	Frosts Garden Centre Wavendon
30 th September	Welwyn Sports Centre

Race Report

Coventry CC 25 on K10/25, 18 Aug

OK, I know, it's only two weeks ago that I said I only had one Open event left and that wasn't until 1st Sept. But, the weather has – sorry, had – changed for the better and I'm feeling good again. My resting HR is back down, my weight is back down and the training has been going good – so why not use the form?

This was my first 25 in over a year and my first Open 25 since – hang on, I need the abacus to work this out. Yes, uhrm, move one to the left and we have the answer of – July 1985. I should have waited another 3 years and made it a silver anniversary!!!

The K10/25 is based on a twelve mile triangular circuit using the A45, the rough country lane used for the K9/10 and the A423 based on Princethorpe. With just under 900 feet of vertical climbing and road surfaces that can be best described as mediocre, this course can best be described as sporting.

The weather turned out to be diabolical. The wind was 17mph from the south – looking at the map before the start I reckoned that I'd get a whole half mile of tail wind in the 25 mile event!! The hardest leg would be the two 3 mile uphill drags in to the head wind on the final leg of the triangle. Oh, then just to make it harder it rained – the amount of rain coming down varied from heavy to heavier. Oh, and the temperature was only 15°C. The main hazard was the amount of standing water – you had to ride between one and two metres from the kerb to get around the 25 mile puddle.

At the start area the Coventry CC provided something that I've never seen before – a marshal stood right in front of you. Sounds daft, it certainly looked daft. But then just before the off I looked behind – “That's OK” said the holder upper, “that's what he's there for”. Sure enough this chap gave very clear instructions on what was coming up behind. What a fantastic idea.

My one and two minute men didn't start so I had no one to chase. We're off. Thirty five miles an hour in the first half mile – in to the head wind. The rain stung the face. First turn, slow down, up hill for the first time. I was struggling already, I looked down – no wonder, I'm a good five cogs too small for this hill. The cadence must have been below 45, I had to change gear. But we all know how difficult that is an uphill section when the gear shift is on the aero-bars. It had to be done though.

My minute man catches me at 2½ miles – that's OK, he's a sub-51 man.

Turn on to the A45 – I know this dangerous turn now. Red flags are waving, three marshals spaced at 100m intervals are shouting – must be particularly bad today. Heed the warnings – slow right down. Even at 15mph I could feel the tyres slipping!!

The wind – which is now 20 degrees on my back shoulder – is the best it'll get on this 5

mile basically downhill leg. These are good sailing conditions and I make the most of that disc wheel. I take the four RABs on this leg on the cautious side – no point in going down.

Turn at the top end of the triangle. Again, waving red flags and marshals shouting. Now the hard bit – 3 miles of uphill straight in to the wind. I recognize the cars in a lay-by from my warm-up and know I'm nearly at the top. Past the start area and it's the start of lap two. Just after half way my three minute man passes me, then the two minute man. We have a convoy!! I just can not hold them on the side/head wind legs and they very slowly drift into the distance. That's OK, they have PBs a good ten minutes faster than me, so a couple of minutes at half way is good going. I pass my five minute man, then my ten minute man. Looks good for the handicap – just keep going, don't ease up, keep thinking of the potential prize money!

It's that long uphill drag in to the wind and past the start area again – make the most of this last bit of downhill before an evil up hill finish.

After flashing past the time keeper at 17mph, I just didn't bother slowing down and just kept going at the same speed for the three miles in to the rain and head wind back to the HQ.

Considering the course and the dreadful weather I'm well chuffed with a 1:5:42 – my best since 1985. My handicap time was 48 something and looked good for a placing. Alas, I was just too darned cold and wet to bother waiting around for them to complete the finish board. My 2½ mile split times varied from a best of 5:38 to a slowest of 7:24.

Dave Wentworth

Sponsored Ride

Ann and Clive are doing the Sponsored Ride around the Churches again this year on Saturday 8th September. If anyone would like to sponsor us, who hasn't already done so, then sponsorship can be done either per church or by donation. We hope to visit 24 churches this year. Please email us or give us a call, details on Newsletter heading.

Ann Collins