



Nomads News

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The news letter of the Hitchin Nomads Cycling Club

Editorial

It is with sadness that we bid farewell to Dave Wentworth.

As you will see from his article he has decided to move on and join a cycling club, which is more local to him. Dave has terminated his membership with a flourish in this issue.

Thanks to Steve for his Captain's Corner article.

Clive

Captain's Corner

Sad to say that after a good battle all season we have had the Interclub trophy snatched from us at the last by Beds Road.

A storming performance up the Sharpenhoe climb by **Andy Saunders** to take second place, plus some good rides from 5 other Nomads was not enough to help us win. The trick to winning the Interclub is to have a strong turnout and unfortunately we were short of numbers at both the 30 and the hill-climb, which saw our lead slip away.

I for one am a big fan of the competition as I think it gives us a great opportunity to all meet up and compete as a club rather than individuals. Time trialling in particular can be a lonely sport at times so I think the Interclub makes a refreshing change.

If their commitment in the last three rounds is anything to go by it certainly seems Beds Road are up for it in the future so here's hoping we can regain the trophy next year.

There have been some mumblings about the competition though, so we would welcome your views on any changes you feel it needs to make it better. Now I have had to calculate the points for a number of events I finally understand it, but maybe a simplification of the scoring system would help make it seem more accessible and important to people. Let us know your thoughts.

With just the Charlton hill climb to go on the 21st the season is nearly done. A number of riders have had good seasons, and personally I've enjoyed getting back into the swing of regular racing after five patchy years of under-performing.

In my opinion if we want to build the club for the future we need greater visibility, which means competing more in open events.

It has been my frustration this year that we still only seem to have the same few faces regularly racing and displaying the club colours at opens.

We have some very talented riders who do the evening tens and it would be great to be racing with you all in opens next year.

Time now for some relaxation and gentle base building ready for 2008. Go easy on the cake and tea stops and you'll be flying next year.

Cheers all.

Steve

Calling time.....

Dear Friends,

This is now the end of my fourth year back in the racing scene after a fifteen year absence and I'm starting to get back some of the old speed back in my legs if not old endurance. I'm also starting to feel the need to be around other bikies for things like club runs, club nights, evening 10's which don't involved a 60 mile drive, general social gatherings and training rides. In short, I need some variety.

So, I've decided – after a whole year of thought and deliberation – to leave the Nomads. I know some will think I'm jumping ship because of the events of recent weeks. Well, yes this has been the final nail in the coffin. BUT, I actually wrote the base to this letter over a year ago. This is a momentous decision for me and it's taken me

umpteen hours to actually write this open letter, but my mind is made up.

My cycling life is fast approaching 40 years and well over half of that has been with the Nomads. According to my racing records I was riding "Private (Nomad)" events in Aug 1980, and then "Club Events" in March 1981. So, I reckon I must have joined the Nomads at the start of 1981 making this my 27th year with you. In that time I've seen our Club TT courses change at least three times; club clothing change three times to my recollection; riders come and go; had battles on the TT circuits; completed nearly 200 events in Nomads colours; won most trophies at one time or another; held just about every position on the Committee; set club records and been refused club records!! But, most of all, I've made many life time friends and enjoyed every single minute that I've had with a Nomads vest on my back.

So, where do I go from here?

Well, Milton Keynes has two clubs – Team MK who are an out and out sponsored club and North Bucks Road Club who have a good mix of abilities; cover all wants/needs and have a meeting room just a couple of miles from home.

My sincere thanks and gratitude to each and every one of you for making my 27 years as a Nomad so memorable.

Dave Wentworth

Life with Dave in the Nomads

Dave was a member of the Nomads when I joined the club in 1982 and was always ready to give me good advice even though I was in club cycling terms a beginner when I joined the club.

One of the first rides that I did with the Nomads was with Dave and his northern cyclist friend who was visiting him plus Graham Hurst.

I had ridden up to Tempsford to support Terry May who was riding the North Road 24 hour TT.

As was Terry's style he stopped for a chat and a fag while sitting on his trike conversion that weighed a ton. Having smoked his fag he bid us farewell, he got back to his 'racing' and we four started on our way home.

At this time Dave lived in Biggleswade. So as we started to ride down the A1 towards Biggleswade I was struck by the speed that my three companions were turning the pedals round and were not any where near top gear and I looked down and I was riding a gear one below top gear, and I was working so hard but these three guys were just trundling along chatting.

As we passed Biggleswade we bid farewell to Dave and his friend and I carried on with Graham as far as the BP garage just before the A1M where he turned off and gave me a cheery farewell, I immediately pulled the gear lever into bottom gear and grovelled home.

I will always be grateful to Dave for giving me his unstinting support in the 24-hour time trial that I rode in 1985. He stayed with me for the full 24 hours. When Dave says he will do something, he gives it **100%** commitment.

Thanks Dave

Clive

October Club Runs

October 21st	Emily's Tea Rooms Whitwell
October 28th	Brinfield Garden Centre

October Events

October 21st	Club Hill Climb Chalton Come and enjoy a minute of pain in the last club event of the season and then have your photo taken for the web site. And then it's all down hill to the Windmill at Chalton for a pint.
October 28th	Emitremmus Stevenage Start Fairlands Valley Park Sign on from 09.15

November Club Runs

November 4th	Hare Street
November 11th	Café Bliss Bedford
November 18th	Lassiters Café Harpenden
November 25th	London Gliding Club

Dave's Last Anecdote

I know that Dave would want to leave us laughing.

One of the funniest – well it wasn't at the time – occasions I can remember was one day I was doing my usual ride to work. Flat-out, head down, arse up – you all know the

position. I'm sprinting as hard as I can up a local short 1 in 9 hill, eyes glazed, snot everywhere, total 100%. Then I hear a bike behind me – who the s**t is this caught up with “ME”!!! Next thing this bike comes along side and starts chatting – clever bikes in those days!! No it's not Paul Sherwin, it's a chap of at least 6ft 6inches tall and weighing a good 20 stone, on a butchers bike with a sack of coal in the front basket!! I went a different route to work after that!!

Dave Wentworth

Race report.

Rudy Project – Welland Valley CC

It seems so long ago that I decided to round off my 2007 season with the Welland Valley promotion of the Rudy Project based around Naseby in Northamptonshire. I wanted an event that was tough, long and hilly – alas the Vets event is only 20 miles in length and only has 880 feet of ascent. I didn't realise when I entered that I could have opted to ride with the Seniors over the 28-mile version. But, hey-oh, maybe the shorter event would be enough to put some hairs on my chest to keep the winter chills out.

Little did I know when I entered that the event would be of far greater significance than just a season closer. It turned out to be my last ever ride as a Nomad. Unless you've started from the bottom of the Newsletter – like I sometimes do – you'll already know that I left the Nomads on 31st September after 27 years.

The course the Welland chose was based on the NC16 but with a variation so they could have an HQ near to the start area; two laps of a 9-mile circuit, which is basically made-up of two hills – one uphill, the other downhill. In their programme for the event the Welland claim that this course will test everybody.

I needed to make some adjustments to the TT for this event – I was determined not to shove too big a gear uphill like I did up Hammer Hill for the IC15. On that occasion I slowed so much that the computer went in to pause mode! So, two options: 53/39 double rings and an 11 sprocket; or a wide cassette (13-25) on the 54 single ring. I've not used double rings on my race bike since I road the Matlock Mountain TT in 1978, so in the end

opted for the easier option of the 13-25 cassette.

The start brought a heavy rain shower, but that soon cleared. Alas it made the muddy roads even worse. From the off this course offers a downhill blast but then makes up for it with an equally steep uphill section. At 4 miles I hit a rough patch of road that threw the chain off – fortunately it was a no-gradient stretch of road so no real problem apart from the mucky fingers.

The main circuit on the NC16 is best described as very sporting: road surface as rough as a bears what-name, very narrow in places, muddy, stones/gravel every where and some very tricky bends and junctions. A real challenge for an out-and-out flat course tester! At the end of the first lap I was just above my target of 22mph. Second lap and I started to catch those in front of me – 1, 2, 3, & 6-minute men. At 15 miles I could see four riders up the road.

In to Welford for the final time and around the very tricky left hand turn and it's the start of the final 3½-mile drag up to the finish – it has some dips in it but the general trend is uphill. I used my head this week and selected smaller gears at higher cadence – much easier once I'd remembered how to do it. I catch my minuteman going over the A14 and it's just a mile to go. The circuit has a nasty twist in its tail that I wasn't expecting – the toughest uphill section of the day and a 54*23 was only just low enough.

When I'd finished and got back to the car, I took my race top off and had a little sigh – that was the last time I'd ever do that!

Well, that's good-bye from me and good-bye from him. I wish you all the very best of luck for the future and hope to see Nomads tops at Open events next year. If I don't “go under” before the Nomads hour limit event next year you'll maybe see me in that.

Take care every one and thanks for a wonderful 27 years.

Dave Wentworth

[**Au revoir Dave**](#)