



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Note For Your Diary

**December 12th
20:15**

**Club AGM at the
Settlement Letchworth**

Editorial

From experience I know that not everybody will appreciate the next observation, but just in case you hadn't focused on it, it's exactly four weeks to Christmas Day from the date at the top of the page.

The social diary is filling with club dinners and not forgetting the club AGM. We also have a couple of notices from Frank concerning the trophies and the arrangements for Boxing Day.

My thanks to David Ledgerton who has created a spreadsheet of the fastest age related times over 10 and 25 miles on open, club and interclub courses.

Jamie is going back into prehistory with his memories of club life in the 1980's.

Toby likes the idea of the cycle tour to see the start of the Tour. For more details see below.

There will be another Newsletter before Christmas which will be sent around the 19th December, so if anybody wants to save on postage and wants to send Christmas greetings to the membership then just give me a call and I will publish them.

Clive

Situations Vacant

The Nomads AGM is due December 12th and there will be two committee posts vacant, the first being the Chairman and the second Club Captain.

Both the present occupants are finding it difficult to give the posts their full attention due to work and family commitments.

If you feel that you are able help the club by filling these positions then please let the committee know.

Clubrun luncheon

A reservation has been made at the Green Man PH at Stanford (at the crossroads between Clifton and Southill) for 25-30 diners to attend after the clubrun on **23rd Dec 12.30 sit down.**

Booking is less formal than in previous years as the management do not need meal choices to be reserved in advance. The options are turkey, lamb, pork, or beef roast, plus vegetarian options. Childs portions will be available. The cost is **£6.95** for starter and main course plus **£3.50** for dessert.

Order and pay on the day.

In order to get a separate room we need to have at least 25, please let me know if you are coming as it is felt that we should give the chef a pretty accurate indication of how many there will be.

Frank Turner

BOXING DAY 10.

Don't forget the premier winter event of the locality.

HQ Old Warden Village Hall.

Sign on **AT THE START** from **10-30 to 10-50 hrs.** First rider off **11-01hrs.**

Late arrivals may be disappointed.

Ann Bland and Sue Kelley are **once again** providing us with hot victuals.

It is up to the rest of you to donate other provisions.

The following items are required:

Teabags

Coffee

Milk

Sugar

Cheese & Cracker Biscuits

Sweet Biscuits

Cakes or Fruit pies

Soft Drinks (orange, lemonade, cola etc.)

Plus anything you like to cook or think would be enjoyed. Please contact Frank on **01462-672165** or ftsg62eu@talktalk.net. We normally cater for about 50-60 so let's try to spread the load thinly among lots of volunteers.

If you let me know what you are willing to provide, with a couple of options, I will reply, confirm your offer and thank you profusely.

Frank Turner

AN END TO SELF APPRECIATION

For those of you who have, for the last 10 months, been glancing lovingly at your HNCC trophies while the commercials have been on T.V.; it is time for you to get your wives to polish them one more time and get them back to:

Frank @ 51, Bowershott, Letchworth GC.

Please arrange for them to be returned by:

The end of December LATEST.

The warm feeling of appreciation shown for Herculean effort will still be available for some of you in 2008 if you come along to the club annual luncheon on Feb 10th.

Frank Turner

December Club Runs

December 2 nd	Hare Street
December 9 th	Forest Centre Marston Vale
December 16 th	Royston Sports Centre
December 23 rd	Moggerhanger Hall + Club Lunch, Green Man Stanford
December 30 th	St Neots Café

Memories of a misspent youth in the Nomads.

I joined the Nomads in 1980 as a slightly overweight but enthusiastic schoolboy. My first experiences came as a shock; the miles ridden, the beautiful equipment, the Monday club nights at the Settlement. I never knew such a world existed. Slowly but surely I became part of this world. Sunday morning club runs were built upon (I got closer and closer to the cafe before being dropped), I even rode my bike midweek after school. My bike also slowly transformed as components

were changed - the pleasure in my first set of "sprints" and the feel of these on the road was like fitting a turbocharger. Some quiet comments with the "right" club members and a blue and yellow track top appeared. I was now part of this funny world of cycling.

Riding a bike was fun. But something more was needed. There was a growing band of youngsters in the club and the Sunday morning runs started to hot up. Not just a burst of speed to the cafe but sprints at each town sign (we were not known as the young hooligans without reason). The urge to compete properly was emerging. I tried a few 10s. I remember that first season (1981). I built upon steady winter miles with a year in which, with one exception, I rode the full season of 10s with each ride being quicker than the last. The course used the Growers road and the A1. (And, for those first few years the course was short. A member of the Beds Road(no s) CC rode round with one of those new fangled electric gadgets that tell you how fast you are going and how far you have been. He told us we were not going far enough. So we measured it. About five of us on fixed wheels rode the course counting pedal revolutions to get the required distance. And then we took a furthest distance. This added about 30 - 40 seconds to the course. And suddenly the course was a little less popular with non-nomads.

The health of the club could be measured by the number of school persons (yes persons, not just boys but girls out on bikes too - hi to Jo/Ali) and juniors. The club instigated a handicapped school persons 10 with, how apt, a tankard as the prize. Teams of youngsters would ride the local circuit races in Luton, Hemel, Watford. We even managed to get quite a few into the ESCA championships, with national medals being won (not by me - the best I did was about 11th in the under 15s up near Liverpool - funny place, speak a different language, but an area with some very talented young riders back then.) How did I do? I got round. It was hard. But it provided such motivation for the winter and training that I was by now hooked.

The bike got better. Pleas to the parents, I need, need, need a new bike. How can I go faster if I don't? Look, Jack Hearne in

Slough have a sale on, they make the bikes that Eddie Adkins rides and he has been national champ over 25 miles. So if its good enough for him..... Off we went and I chose the frame (531 DB throughout, shot-in stays - they even got some scales out in the shop to weigh it). I picked the paint job. Now what colour would it be? Blood red. With the name in white on the down tube, the seat tub, the seat stays (so as I road away from the opposition they could still know what bike I was riding!) and the forks. It was beautiful. I still have it. But like me, its best racing years are behind it.

The clothing also changed. The wool shorts (yes, even racers wore wool shorts back then) were replaced with my first pair of lycra shorts from Johns Bikes in Bath. Winter overshoes to keep warm when doing all those miles. (Is it just me or did we have real winters back then when snow would cover the road but we could still get a few miles in. Doubt they did much for my fitness, but it was fun. If not feeling my fingers and toes is fun.) I even acquired at one point a skinsuit and balaclava. This was worn one year at the North Road hardriders - I looked a **** but that balaclava certainly helped keep me warm. I have a number of pictures of me wearing this, and for the right price I may volunteer something for the website.....

By now we had a clear dedicated training plan. Find a cafe about 15 to 20 miles away. Get there as in under the hour. Spend an hour in the cafe, refuelling on tea and mars bars (there were real cafes then, no garden centres - and many had games machine - I held the club record for asteroids at one point - and from this earned the nickname JAM, as only the first three letters of my name could be entered for the high score. But like time trialing, I could never master space invaders. (Note to Club secretary - Do you still have details of all these club records? No? Shame on you....) And then blast back. And sleep in the afternoon.

Monday nights were club nights at the Settlement. We would be bursting out the door, with members - including some very distinguished ones at that (Allan Porter, Supergran, Paul and Barbara Stanbridge, Bert Dawson) and their families. I recall one week

finding some old club magazines from the 60s, which listed the exploits of the club hill climbers (the names I recall were Max Pendleton - daughter got into bike racing, you may have seen her on the telly with lots of gold things hanging round her neck - and Colin Summerfield). It would be fair to say that at one point the club had the best team of hill climbers in the south of England - the club had class and history. And their would be special nights - cine film of local road races, a film about the Paris - Roubaix, Dave Wentworth with slides from a tour of the US, and sometimes a guest speaker (Tony Doyle even turned up one evening). And an annual fish and chip supper.

And then I became a junior and it got serious.

To be continued.

Jamie Tomlin

A Quality Clubrun

I have to mention the November 18th clubrun.

I looked at the forecast first thing Sunday morning and made the decision to pack all my water proofs on the assumption that it was going to bucket down with rain, and turning up at the start and expecting three or possibly four riders to turn up.

Instead we had fourteen of us riding to Harpenden. What was good about the run was that we all stayed together all the way to Harpenden.

Now we are in the café at Harpenden and the table chatter is about next season and the targets people are setting themselves, (OK so its still six weeks before the new year) on a canvass poll of the fourteen riders I had four probables and two possibles for the twelve in September, and that isn't counting two of the riders who rode this year.

The piece I wrote in the November issue of the Nomads News about riding down to the start of the Tour de France has lit Toby's fire.

He thinks it's a good idea and is looking for other riders to accompany him to France in July. If there are others that are interested please contact Toby.

The itinerary below is a very loose one, but is the general idea and would be tighten up nearer the time.

Le Tour de France Long Weekend

Leave with the tents and trundle down to Portsmouth and catch the night ferry for St Malo.

Leave St Malo in the morning to ride about 75 miles and then pitch the tent, then find a local hostel for a meal and a beer. The following morning break camp and ride the final 50 miles to Brest to check out the start of the Tour then return via St Brieuc to watch the finish of stage two. And if it fits into the schedule watch the roll out from St Malo before catching the ferry back to Portsmouth.

Media Watch Vote for Connect2

Further to Frank's call to vote in the Connect2 project in the last issue, here are further details from Cycling Weekly.

Each Connect2 project will be the subject of a TV programme on ITV1 in the week beginning December 3rd. Sustrans's Connect2 project will be televised on Tuesday, December 4th.

Online voting can start at 9am on November 26th at www.thepeoples50million.org.uk.

Telephone voting will be over the weekend of December 7th - 10th.

And if you visit www.sustransconnect2.org.uk and leave your details, the charity promises to keep you up to date with its progress. Text CONNECT2 to 80010 to be told how and when to vote.

To find out more visit www.sustrans.org.uk.

Don't forget to watch the box on December 4th!

A Christmas Wish

As I sit and dream of what Father Christmas will turn up with this year, (I was at the end of his run last year and all he had left was socks and slippers) and my thoughts turn to what would be the very best thing he could leave me.

I was reading the comic a couple of weeks ago and they were doing a review of bikes for 2008. They all looked superb and the frame weight of one of them was only 950 grams, I think my pedals weigh more than that.

But what caught my eye and had me drooling was the retro Colnago steel frame with the chrome stays and forks. I would then set it up with Campagnolo Record group set, plus a pair of Italian wheels and with a San Marco colour coordinated saddle.

Oh, and a 10 stone body please. Perfect.

Dream on Clive, Dream on.

Age Related Time Trialing

On pages 5 and 6 you will find the result of your fastest time over 10 and 25 miles set on either the club courses, interclub courses or open events that have been reported to the club.

I realise that there are riders who could have gone a bit quicker but for various reasons they didn't focus on the events.

A good example of this is are the times for Jamie Tomlin and Toby Blyth, their times are exactly the same because their times were set in the club 2up event.

Although the time set, was slow by their standards, this was because they had a puncture in the event. Under normal circumstances they would have decided to DNF because by the time they had fixed the puncture there would have been little point in carrying on.

The motivation to carry on was that Richard Bland and myself were their minutemen and they decided that once they had mended the puncture they would try and catch Richard and myself before the finish.

They hit their target with about three miles to ride. After that ride neither Toby nor Jamie rode another 25 TT all season.

My time of 27.03 was set riding the interclub 10, which is a fairly flat course (OK its got a BB Hill in last mile) where I had a reasonable ride (Club Captain suggested that I should go for a drug test). The best I could do on our club course was 28.17.

These age related tables will be published at the end of next season, it will be interesting to see the difference a year makes.

We cannot stop the march of time but we can improve on our times.

Clive

**Best Performance At Distance By Rider's Age Group
For 2007 Over 10 Miles**

Name	16 - 17	18 - 22	23 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85+
Anthony Anderson							00.21.51								
Pontus Axelsson				00.26.42											
Richard Bland									00.30.31	00.29.19					
Toby Blyth			00.27.04												
Clive Collins											00.27.03				
Neil J J Fraser					00.24.41										
Tony Furby												00.31.30			
Peter Hanlon				00.30.04											
Andrew Herbert						00.24.47									
Paul King						00.24.54									
Jonathan Lavery						00.30.14									
David Ledgerton						00.23.43									
Keith Rapley							00.30.56								
Steve Robinson				00.24.05											
David Rossall							00.29.28								
Andrew Saunders					00.25.00										
Nic Senechal							00.26.20								
Julian Siedlecki							00.27.20								
James Spence						00.28.17									
David Summerell					00.29.25										
Jamie Tomlin						00.28.27									
Frank Turner											00.31.29				
George Waterhouse		00.29.40													
David Wentworth								00.22.59							

**Best Performance At Distance By Rider's Age Group
For 2007 Over 25 Miles**

Name	16 - 17	18 - 22	23 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 +
Anthony Anderson							00.58.09								
Pontus Axelsson					01.07.49										
Richard Bland									01.20.43						
Toby Blyth				01.18.35											
Clive Collins											01.11.57				
James Cornell				01.00.07											
Neil J J Fraser						01.03.36									
Peter Hanlon				01.16.37											
John Harrison								01.17.27							
Andrew Herbert						01.04.16									
Paul Kelley								01.01.25							
Paul King						01.10.05									
David Ledgerton						01.01.17									
Keith Rapley								01.21.34							
Steve Robinson				01.07.46											
Andrew Saunders					01.06.13										
Julian Siedlecki										01.12.31					
David Summerell					01.15.16										
Jamie Tomlin						01.18.35									
Michael Webb					01.06.29										
David Wentworth								01.04.04							