



# Nomads News

[www.hitchin-nomads.net](http://www.hitchin-nomads.net)

The news letter of the Hitchin Nomads Cycling Club

## Editorial

Just three days to go to the New Year and time to start planning your targets for 2008.

At the moment the weather seems to be very clement for the time of year to put the miles in, unlike British Columbia Canada where Mike Toddington reports that it is raining but the rest of the country is waist deep in snow, bet they don't get the wrong kind of snow on their railways, which would mean sessions on the turbo trainer.

It's my hope that those members who were struggling with their fitness and health through 2007 have an improved year in 2008.

On a personal level I have a couple of targets I want to go for next season. One, to try and beat my evening ten time and two, to ride some Saturday afternoon TTs. But as always it has to have an element of fun attached.

Don't forget your articles in 2008, it is your contributions that makes the Nomads News Special.

## Prize giving lunch at the Sun Hotel

### Hitchin

February 10<sup>th</sup> 12.30pm

The names of all the members who won either cups or medals are listed below. It would be nice if you could come to the Sun hotel to receive them and give the rest of the club the opportunity to congratulate you on your fine effort.

Please see Frank Turner to book your tickets.

### The Winners

<b>Anthony Anderson</b>	<b>Andy Herbert</b>
<b>Andy Saunders</b>	<b>Clive Collins</b>
<b>David Ledgerton</b>	<b>Frank Turner</b>
<b>James Cornell</b>	<b>Jamie Tomlin</b>
<b>Julian Seidlecki</b>	<b>Keith Rapley</b>
<b>Michael Webb</b>	<b>Neil JJ Fraser</b>

**Richard Bland**  
**Toby Blyth**

**Steve Robinson**  
**Tony Furby**

## Subscriptions

**Your Subs are due for 2008**  
**£15 for single membership**  
**£20 for family membership**

**Please send your remittance to: -**  
**Nigel Tooke**

**Payments can also be made direct to the**  
**HSBC bank account**  
**Sort code 40-28-14 A/C no 20615021**

**If you are paying by this method the payee**  
**should e-mail the treasurer to confirm that**  
**they've made payment this way**

## Pre-Christmas Lunch

There were 24 Nomads who sat down to a pre-Christmas lunch at the Green Man at Stanford on Sunday 23<sup>rd</sup> which was amiable and relaxed.

For my part I felt that I didn't circulate enough and I felt that I missed out on some good conversations, I think it was probably the table arrangement that did it, because we seemed to have our backs to each other.

It was good to hear that Neil JJ Fraser is taking up the stewardship of the Club Captains post. Please give him your full support in the inter-club series and in any other way that he may need support.

## Boxing Day 10

Boxing Day dawned fine and dry with the result that the club had 40 riders wanting to ride off their Christmas dinner.

Our thanks to the whole team that made the event possible.

Timekeepers: Richard Bland  
David Ledgerton  
Pushing Off: Tony Furby  
Catering Stars: Ann Bland  
Sue Kelley  
Jules Hemming  
Jessica Reddy  
Event organiser: Frank Turner

M Burton 40:47 35:17  
R Pratt 41:11 39:34  
R Bousted 41:26 35:26  
J Anderson 42:42 42:42  
F Berridge 43:42 43:42

### Media Watch

The papers are doing their usual end of year review of quotes; here are a couple that concern cycling.

### Result Hitchin Nomads

	Time	Handicap
Neil JJ Fraser	29:39	29:27
Clive Collins	30:41	24:56
Jamie Tomlin	32:24	32:00
David Rossall	32:47	31:10
Julian Seidlecki	33:31	32:43
Peter Hanlon	34:26	34:26
Paul Riley	35:14	34:50
Oran Fraser	40:07	40:07

Paul Kelley (running) 1:13:41  
Veteran – Cycle Club

T Dawson	36:03	29:14
P Trench	37:48	35:19
S Bruton	39:19	35:17
F Turner	41:16	28:20
R Miller	42:17	25:40
M Kitchen (Ordinary)	49:19	38:22

### All other club Riders

A Stuart	26:22	26:22
G Rumbles	27:15	27:15
M Holden	27:58	26:46
J Gilham	28:08	28:08
T Gosby	28:44	28:44
P Lisher	28:46	28:46
I Markham	28:59	28:59
J Magnus	29:16	29:16
S Layfield	29:24	28:32
M Cook (Tandem)	29:34	29:34
A Peck	29:47	29:47
A Stachan	29:57	29:57
R Hemming	30:07	29:19
M Hall	30:33	29:57
P Baydon (Tandem)	32:05	30:41
J Roots	32:31	32:07
C Holmes	32:33	32:33
C Small	32:51	32:51
K Powis	35:32	35:08
P Jones	37:38	35:35
D Roberts	37:43	37:43
D Crane	37:53	37:29

I know my place. I'd love to be more famous but as a female cyclist I don't stand a chance.

**Victoria Pendleton, triple world track champion.**

*The way I hear it, she will be a media star in the near future.*

For those for whom I was a hero, I'm sorry. They'll have to find new heroes now.

**Bjarne Riis, 1996 Tour de France winner, admitting that he took drugs from 1993 to 1998.**

### A Thought for New Years Eve

It has been said, "In wine there is wisdom, in beer there is freedom, in water there are bacteria."

In a number of carefully controlled trials, scientists have demonstrated that if we drink one litre of water each day, at the end of the year we would have absorbed more than one kilogram of E. coli – the bacteria found in human faeces. However, we do not run that risk when drinking wine (or beer, spirits or any other liquor) because alcohol has to go through a purification process of boiling, filtering and/or fermenting.

Truly it is said, "Tis better to drink wine and talk nonsense than to drink water and be full of shit."

**I wish you all a Happy,  
Prosperous and Successful  
Racing year for 2008**