



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

Sunday 27th

What a superb day for cycling today!

I was out there enjoying my ride but not on the clubrun but by coincidence saw two sets of Nomads out training.

First it was Andy and Michael training for the two up, then a little later I spotted Roy and Steve Robinson travelling at a rate of knots then a little further down the road I came across my two up partner with a puncture and he turned down the invitation to stop for a cup of tea.

Now this could be a serious challenge for the coming season.

Don't forget to order your place for the club prize giving lunch.

My thanks to Toby for a superb article reporting from the front line of the Ghent six day!

It sounded like tough work consuming all that beer but some one has to do it!

I propose for this year to publish a list of open events as a reminder for the membership.

Last season I had regular race reports from Dave Wentworth. Who is going to supply the race reports this year? Two or three paragraphs would be all that I would require with a start, middle and an end.

I had an interesting email from the Hitchin cycling group. You have to wonder if the left hand knows what the right hand is doing at County Hall.

Your subs are due for 2008

Sadly another top rider has been killed while out training.

Take care.

Clive

Subscriptions

Your Subs are due for 2008

£15 for single membership

£20 for family membership

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

Prize giving lunch at the Sun Hotel

Hitchin

February 10th 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

Anthony Anderson	Andy Herbert
Andy Saunders	Clive Collins
David Ledgerton	Frank Turner
James Cornell	Jamie Tomlin
Julian Siedlecki	Keith Rapley
Michael Webb	Neil JJ Fraser
Richard Bland	Steve Robinson
Toby Blyth	Tony Furby

February Club Runs

February 3 rd	Hare Street
February 10 th	Vanstone Park Codicote
February 17 th	Danish Camp Willington

February 24 th	Royston Garden Centre Melbourn
---------------------------	-----------------------------------

CTT Reminder

February 24 th	North Road Hardriders
---------------------------	-----------------------

Clubroom

On Wednesday 20th Feb. the clubroom at the settlement will be open at 8:30 pm for the supply of club clothing. If you need new kit please come along and you can try it on before buying, or contact Scott, Frank, or myself.
Clive

The Ghent Six Day



At the end of last year I went to Belgium to watch the last three days of the Ghent Six with three friends who are all keen cyclists.

Well I won't bore you with the journey (and believe me the drive through Belgium really is a bore!). We arrive in Ghent early Friday afternoon to check into our hotel and make an early start on the weekends drinking.

After testing the local beers for a few hours it was time to make our way to the velodrome – and what a facility it is! Situated within a park in the town it definitely has the well used look that makes you feel instantly comfortable. So we exchanged a few euros for some nifty plastic beer tokens and took to our seats.

We had already read the report in Friday's Guardian of how the race organiser was unhappy with the below par performance of Brit pairing of Wiggins and Cavendish but were still surprised to see them 76 laps down and towards the bottom of the score board.



The main event got off to a start at 8.00 pm and to anyone who has never seen a six day Madison before (me included until that point) it really is very confusing indeed!! To see the riders swap with their partner in a bunch of riders travelling at over 50kph lap after lap was an incredible sight and makes you realise that bike handling, not just strength and fitness is a huge part of success at this level.

It seemed that Wiggins and Cavendish had been given a pep talk as their performance from the first three days was much improved, and even though they were clearly not on a par with the more experienced pairs they managed to pick up a few wins – most memorably in the sprints and the derney races.

My personal favourite (and most of the other people there judging by the cheering) was the derney. For the uninitiated I will give you the brief outline. One rider from each team is paired with a man on a motorbike (the derney). The rider follows the derney closely to gain maximum effect and shouts instruction to the derney rider to speed up or slow down. The whole race has a sort of pantomime bike race feel to it. At one point Wiggins was miming cracking a whip over his derney rider as he almost lapped the entire field, and the speed was absolutely mind blowing – probably up to 70kph.

There is so much racing to watch that eventually you will get tired of sitting in your seat (even the short walk to the bar is not much of a break) so it is well worth making your way down to the centre of the track to watch a bit of the racing from there. You really get a true idea of the speed they are travelling as you can get within one meter of the trackside in places and the atmosphere is incredible.

I won't bore you all with a blow by blow account of each day as they all followed a

similar theme. But I would encourage you all to go at least once. It is only a couple of hours drive from Calais; the tickets to the stadium are cheap (about £12 a day). It is also nice to see somewhere so bike friendly – they are everywhere – and surprisingly I spotted very few people wearing crash helmets.

And lastly do not be fooled by the small measures that the beer is served up in, it really is potent stuff!

Tobes



Six Day in London

I note in the January 17th Cycling Weekly that Tony Doyle is organising a six-day event this year, with the proposed venue in Greenwich (would this be the O2 arena?). The event is scheduled for September.
Clive

Circuit of the Cotswolds 2008
Online entries open on Saturday 26th
January for this year's Circuit of the
Cotswolds at
www.circuitofthecotswolds.org.

Some details about the ride:

- Date: Sunday 22nd June
- Start / finish in Witney town centre (about 10 miles west of Oxford)
- Same routes as last year: 102 miles and 69 miles
- Three feed stations (long route), food and drink provided
- Electronic rider timing
- Route fully signposted
- Sag wagon / support vehicle
- Proceeds shared between
- [Yorkshire Cancer Research](#) and
- [Helen & Douglas House](#)

- Cost £25

More information can be found on the website and will be sent to all entrants once we reach our limit of 700 entries.
Hope you can make it!

Jim Henderson

Circuit of the Cotswolds

Students Request

Dear cyclist

I am a Sports Development student studying at Bournemouth University conducting a research dissertation into levels of doping in cycling. I would be extremely grateful if you could assist my research by completing a short questionnaire (link below).

It should take no longer than 4 minutes to complete.

NO personal information is required and all responses are ANONYMOUS.

The results of the study will be strictly used for research purposes only.

Due to the context of the research can I please specify that all respondents are:

- *British citizens
- *Male
- *Over 18yrs of age
- *Have competed in one or more cycling competitions

To complete the questionnaire please click on the link:

https://www.surveymonkey.com/s.aspx?sm=W7U9OzkSxhROhBsCe5Nyw_3d_3d

If you chose to assist my study I am very thankful. If you have any questions about my research please reply to this e-mail and I will gladly respond.

Kind regards
Tom Robins
Bournemouth University

Media Watch

Budget Cuts at County Hall put
Internet Highway out of Action

The following text is an email from county hall sent to a member of the public making an inquiry into the percentage of finance that is allocated to cycling in the Hitchin area.

Dear Sir

The transport plan reviews are undertaken by the Strategy Development Manager for North Herts Roxanne Glaud.

The process involves setting up a steering group of local stakeholders to gauge local opinion on what improvements are required. The draft plan is then produced and put out to public consultation prior to it being accepted by the local Highways Joint Member Panel.

If you have specific concerns please let me or Roxanne know and they will be put on file for when the review is undertaken, or your views can be expressed via your local Councillors or cycling group, **however, I am unaware of any existing cycling groups in Hitchin.**

Cycling Strategy Development Manager
Hertfordshire Highways 01707 356576

Jason MacIntyre

Why is it that we seem to have bad cycling accidents at this time of the year?

Sadly as you all will probably know Jason MacIntyre was run down on the A82 near his home in Fort William and killed on the 15th January.

He was cycling south on the A82 at Carrs Corner when he was involved in a collision with a transit van travelling north.

MacIntyre was taken to Belford Hospital in Fort William where he died of his injuries.

A 35-year-old man will be subject of a report to the Procurator Fiscal.