



Nomads News

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The news letter of the Hitchin Nomads Cycling Club

Editorial

We are now into that time of the season when things start to get a bit hectic on the racing scene. With the club 50 last Sunday and first Dave Gudgin 25 last night, which I felt was a little chilly, and then Richard is running the North Middx and Herts CA 50 this coming Sunday. Please contact Richard to volunteer to help with this event.

Unfortunately the children's ride that Mike Kitchen organised for last Sunday wasn't the success he was hoping for with only one family turning up, hopefully there can be another children's ride organised this summer.

Results

Apologies for missing the handicap times for the club 30 in the last issue of the News

Alan Porter 30 Handicap Times

27th April

	Actual	Handicap
Andy Herbert	1:13:08	1:12:41
Andy Saunders	1:16:33	1:16:33
James Cornell	1:16:44	1:16:05
Neil JJ Fraser	1:19:07	1:13:00
Clive Collins	1:25:14	1:11:30

Timing & Pushing Off: David Ledgerton

Briercliffe 10

29th April

Pontus Axelsson	26:42
David Ledgerton	29:26
Peter Hanlon	32:22
Neil R Fraser	DNF
Non-Nomads	
Keith Carne	27:43
Peter Scoats	30:25

Timekeeper: Frank Turner

Pushing Off: Clive Collins

Neil's failure to finish was due to his crank falling off; he came out the following week to look for the lost screw. The best bit was watching him ride home with one pedal.

Briercliffe 10

6th May

Richard Palmer	25:01
Andy Saunders	25:05
Steve Robinson	25:31
Neil JJ Fraser	25:54
Pontus Axelsson	26:05
Jeremy Prodger	26:56
Scott Edwards	27:32
David Ledgerton	27:43
Toby Blyth	28:58
Clive Collins	29:00
Neil R Fraser	29:15
Steve Smith	29:58
David Rossall	30:38
David Summerell	30:58
Richard Bland	31:54
Keith Rapley	34:20

Non-Nomads	
Alistair Scott	26:10
Rob Hemming	27:04

Timekeeper: Frank Turner

Pushing Off: Jonathan Lavery

Congratulations go to Steve Smith who has beaten evens, so Steve, now all you need to do is sew another four plus evens rides together to get a plus evens average.

Briercliffe 10

13th May

Richard Palmer	25:03
James Cornell	25:48
Neil JJ Fraser	26:29
Toby Blyth	26:58
Jeremy Prodger	27:04
David Ledgerton	28:16
Paul Riley	28:43
Clive Collins	29:23
James Spence	29:25
Steve Smith	30:30
Peter Hanlon	31:24
David Summerell	31:33
Anthony Perkins	33:13
Richard Bland	33:21

Non-Nomad
Rob Hemming 27:40

Timekeeper: Frank Turner
Pushing Off: Jonathan Lavery

Congratulations to Toby Blyth for improving his time by two minutes, in his own words, he buried himself. All you need now Toby is another four rides to go with it to bring your average below 27 minutes.

Norlond TT Combine 50

	Actual	Handicap
Pontus Axelsson	2:15:50	2:10:25
Clive Collins	2:20:51	2:00:35
David Ledgerton	2:22:10	2:08:26
Richard Bland	2:42:44	2:07:38
John Harrison	DNS	

Split 25 times

Pontus Axelsson	1:07:06
David Ledgerton	1:10:05
Clive Collins	1:10:48
Richard Bland	1:19:12

Winner

Barry Charlton	Lyme RC	1:48:35
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May Clubruns

25 th May	London Gliding Club
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May Clubroom Tonight!

The club kit will be on sale at the clubroom
from 20.15 May 21st
at the
Settlement, Nevells Road, Letchworth

CTT Reminders

24 th May	North Road 25	F14
25 th May	North Middx & Herts 50	F1
1 st June	Hitchin Nomads 25	F1
7 th June	Spirit Racing 10	F12
8 th June	National Championship 25	N1
8 th June	Finsbury Park 50	F1
15 th June	Whitewebbs 25	F1B
21 st June	Herts Wheelers 30	F2A
22 nd June	Century RC 25	F10

The events on the 25th May and the 1st June are being organised by Richard Bland.

Richard would appreciate all the help he can get. Please contact him to check whether you can be of help.

June Clubruns

1 st June	St Albans
8 th June	Café Bliss Bedford
15 th June	Barneys Café Hertford
22 nd June	Frosts GC Wavendon
29 th June	Willington Garden Centre

Race Reports

Norlond TT Combine 10

On Sunday April 27th I went out to the New F5/C in Milton Keynes having heard rumours that it had good potential as a quick course.

On the way there it was lovely and still and my thoughts turned to going inside my last three seasons PB of 24:05. But as the start time got closer so the wind got up.

The course is all dual carriageway, on smooth surfaces and is one of the safest I've ridden in ages due to being able to ride inside the white line for most of the way out of the flow of the traffic. It drags steadily to the turn and is then pretty quick on the return, but the 6 roundabouts and the lack of traffic take the edge off it as a fast course.

In the end I finished with 25:03 and lost just 3 minutes to Sam Barker who did a 19:45 last year so although short of my PB I was actually really pleased with the time.

Two weeks later I found myself on the E2/10 just outside Newmarket on a sweltering Saturday afternoon. Although it was seriously hot there was no wind at all so things looked good for a PB this time.

I started well and got the pulse up quickly and settled into a decent 27 mph pace, the only problem was the heat was making breathing a bit laboured and pushed my pulse higher than I've been seeing on the club 10's of late. I got baulked at the turn roundabout and lost a few seconds, but was soon back down onto the A11 on the return leg.

Knowing that a PB was on I was pushing like crazy with my pulse staying between 181 and 184 for the final 3.5 miles. I crossed the

line in 23:12, this beats not only my last three seasons PB by quite a margin but is also the fastest I've done since 1999. Happy days!!

Steve Robinson

Lampard Road Club Open 10

On the cool F12/10 course on Saturday 17th May three Nomads suffered with a strong north-easterly head wind out to the turn and for some unexplainable reason the uphill course out became an uphill course back but the wind did help and for me almost salvaged the ride, I could have been a lot more disappointed than I was.

Anthony Perkins was the fastest Nomad with a 28:16, I failed to get the "evens" ride I'd hoped for with a 30:13 and John Perkins managed 31:36. The event winner was Steve Golla in 21:11, former Nomad, Dave Wentworth also rode and achieved a time of 24:51

Richard Bland

Norlund TT Combine 50

Club 50

18th May

Course F1

Its that time of the year when you get a rush of blood and think it's a good idea to enter a 50 mile TT. Then the reality of the early morning starts to kick in and you are asking yourself "Why am I doing this?"

At 06.00 the weather was bright if a little chilly with a northeast breeze blowing. Richard was off number one with myself off at number four, following was Pontus at fourteen and David riding at thirty-eight.

We started at Tempsford southbound to Sandy roundabout to turn northbound to Buckden to return to Sandy, times two and finish just before Girtford underpass southbound.

I have to say that on the first circuit I wasn't really at the races, in fact my concentration was such that as I am riding northbound and I am planning the work that I need to do on the allotment on Monday. The first 25 took me 1:10 and a big bit and I am still not really racing, but as I approached Sandy roundabout for the second time number eight came pass me, and this was my eureka moment when I clicked into racing mode and decided to use

number eight as a target. Exiting Sandy roundabout Mr number eight is about 10 seconds in front of me, but I am closing him down and catch him just north of Girtford Bridge then he comes pass me as we ride pass the HQ at Tempsford and then I pass him on the right hand bend just south of the Black Cat roundabout. He eventually came pass me again at the old Southoe Bell pub and couldn't hold him after that but on the plus side I felt I was going as well as was possible.

My second 25 took me 1:10 and little bit, which I was pleased with.

I felt that Richard did a fine ride although at HQ he felt that it wasn't very good but when you consider that the number of miles he has done this year I feel it was a good ride. His 2:42:44 was only 3 minutes 41 outside his vets standard and he also came second in the club handicap.

My thanks to Steve Robinson for taking the trouble to come out to give our riders a shout of support.

All I need to do now is have a quite lay down ready to do the same thing next week; hopefully the wind would have changed direction by then.

Clive

Film Extra Update

I received this email from the film company

Dear cyclists

Thanks so much for coming along last Thursday and taking part in our shoot.

You were a great bunch to work with; your patience, resilience, cooperation and good humour throughout the day was much appreciated by all crew and production.

We are currently in the middle of postproduction and all going well the final Ident should be finished and ready to go out on BBC One by the last week of May or first week of June.

We hope you like it, and once again thank you for helping to make it happen.

Albion Gray
Production

Mike's Turbo Trainer

Further to Mike Toddington's article in the March newsletter, I received this email from him telling me he had got his turbo trainer with all its bells and whistles

Hi Clive

I have got my Taxc trainer. Yesterday I rode the 17.6km stretch of the (video) Milan- San Remo route from Poggio to San Remo. It was hard and hilly. Nice sunny weather and a good tough work out.

Mike

By coincidence in last weeks comic there is a tale of another rider's attempt to take the boredom out of turbo training, and he lives just down the road from Mike, but this tale is from 31 years ago.

It shouldn't happen to a Cyclist

Don't run that by me again

In 1977, I was a 50-year-old mortgaged father doing gentle family rides. However, I felt the need to up my game so I set some rollers up in my basement. But 10 minutes seemed like 30, so I decided a movie projector and screen were needed to help me stick with it.

The first bit of film was taken by my wife on a flight in a small plane. There I was pedalling down the runway and I didn't need to change down as we climbed towards the mountains.

The pilot banked between the peaks, the horizon on the screen went to 45 degrees...and so did I, right off the rollers!

Harold Bridge, Port Coquitlam, BC, Canada

Media Watch

Here is some good news for those of us who are already there, and even better news for those of you who are on the way.

Aerobic exercise can delay biological ageing

A new study in the *British Journal of Sports Medicine* has found that staying aerobically fit, especially through middle age and beyond, can delay biological ageing by up to 12 years and prolong independence during old age. This gives us another reason to stay on the bike!

The evidence

Research by scientists at the University of Toronto in Canada has shown that high-intensity exercise, taken regularly for more than a year, can boost maximal aerobic power by 25%, equivalent to a gain of 6ml/[kg.min], or 10 to 12 biological years. The authors state, "There seems good evidence that the conservation of maximal oxygen intake increases the likelihood that the healthy elderly person will retain functional independence." Other positive benefits of aerobic exercise are reduced risk of serious disease, faster recovery after injury or illness and reduced risk of falls because of the maintenance of muscle power, balance and coordination.

Layman Lowdown

Aerobic exercise. Such as jogging, swimming, cycling or walking, improves a person's oxygen consumption and boosts their metabolism, but maximal aerobic power starts to fall steadily from middle age decreasing by around 5ml/[kg.min] every decade. When it falls below around 18ml in men and 15ml in women, it becomes difficult to do very much at all without severe fatigue. In a typical sedentary man, the maximal aerobic power will have fallen to around 25ml/[kg.min] by the age of 60, almost half of what it was at the age of 20. But the evidence shows that regular aerobic exercise can slow or reverse this decline, even in later life.