



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Bike Week 14th – 22nd June

Editorial

The weather is looking nice for tomorrow, so hopefully we will see you all at the club barbecue.

For the 26 years that I have been a member of the Nomads, the News editor has always been appealing for members to send them their time trial results. I think that by nature your club time trialist isn't a person that likes to boast. I am lucky in the fact that now unlike my predecessors I am able to get the information from the CTT web site, but it would be nice to be informed by the competitors themselves of their results.

Mike Toddington's account of his one and only 50 mile time trial certainly resonates with me, I have been there more than once. Thanks for the article Mike.

Nick Senechal sent me the notice of the Park Tools Mechanics course; he felt that there maybe some club members that would be interested.

Clive

Club Barbecue

and

Come and try it Time Trial

14th June

This is the club's summer social occasion. Not only do we have the time trial but also it's hoped to have some activities for the children on the park.

Racing Results

Hitchin Nomads Open 25

1st June

James Cornell	00:58:45
Anthony Perkins	01:12:46
James's time is a PB since his return to cycling after a 11 year lay off.	
Winner:	
Michael Hutchinson	00:47:53

Dave Gudgin 25

3rd June

	Time	Handicap
James Cornell	1:04:47	1:04:47
Pontus Axelsson	1:07:42	1:04:37
David Ledgerton	1:10:10	1:06:38
Neil JJ Fraser	1:13:14	1:10:36
Non-Nomad		
Helen Shulver	1:20:32	

Timekeeper and Pushing Off: Frank Turner

Spirit Racing 10

Course F12/10

7th June

	Time
David Ledgerton	25:06
Anthony Perkins	28:51
John Perkins	31:52
Richard Palmer	DNS
Steve Robinson	DNS
Ex Nomad	
Dave Wentworth	24:53

Winner

Tim Carter	North Bucks RC	20:57
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Finsbury Park 50

Course F1/50

8th June

David Ledgerton	2:16:42
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Winner

Ian Cammish	Planet X	1:45:40
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National Championship 25

Course N1/25C

8th June

Phil Lisher	1:00:59
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Winner

Richard Handley	00:56:39
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Congratulations to Phil Lisher who is a second claim member for Nomads, Phil's time was enough to win him 9th place in the Junior event of the National Championship.

Briercliffe 10 10th June

	Time
Richard Palmer	24:52
Pontus Axelsson	25:50
Steve Robinson	26:03
James Spence	27:52
Clive Collins	28:06
Scott Edwards	28:14
David Rossall	30:46
David Summerell	31:53

Timekeeper: David Ledgerton
Pushing Off: Neil JJ Fraser

Richard Palmer's time is the fastest time for this season on the club course. I think this time will be improved before the end of the season.

Race Report

Hitchin Nomads Open 25

The following paragraph was written by Richard Bland in the Nomads Open 25 result sheet:

Thanks to the following members of Hitchin Nomads CC without whose help the event could not have taken place.

Tony Furby, Paul Kelley, Clive Collins, Ian Farquharson, David Ledgerton, Frank Turner, John Houghton, Geoff Perry, Jeremy Prodger, Sue Kelley and Ann Bland.

May I add the clubs thanks to Richard Bland for organizing both the Nomads open 25 and the Middx and Herts CA 50 on consecutive weekends plus he had to go to France on business in between the two events. That was one hectic schedule!

Interclub 25 29th June

Guys

Please note I'm on holiday 12-21 June and therefore unable to take orders for the Interclub 25 at the end of the month.

Richard Bland has kindly taken it upon himself to do the organising and getting bums on saddles. Please send your intention to ride to him as soon as possible thanks.

No excuses this time round we need a 100% turn out to redeem ourselves from our 10 defeat. **I am cutting my holiday short and chartering a jet so as not to miss the event! See you there!!**

Neil

CTT Reminder

5 th July Herts Wheelers 10	F20
6 th July Essex Roads 25	E9
6 th July Hemel Hempstead CC 25	F13
12 th July Beds Road CC 10	F1B
13 th July Nth Middx & Herts 100	F1
19 th July Norlond TT Combine 25	F14
19 th July API-Metrow 25	E2
20 th July Verulam CC 25	F2A
23 rd July VTTA London & H/C 10	F12
27 th July Icknield RC 50	F1

June Clubruns

15 th June	Barneys Café Hertford
22 nd June	Frosts GC Wavendon
29 th June	Willington Garden Centre

My First and Last 50 TT!

In the 1950s the Nomads issued a number of medals for racing and clubman achievements. One of the medals was the Nomads Junior Championship. The competition consisted of three time trials over distances of 10, 25 and 50 miles.

In 1953 when I was 17, I decided to compete in the Junior Championship. The rules dictated that we had to designate one of each of the distances to count in the competition and the overall average speed would determine the results.

I was lucky in that I worked with my mentor, Alan Jarman, at a factory in Letchworth. He gave me much encouragement and advice. At that time he was the club's first rider to go under the hour for 25 miles, which not many people did in those days.

I was lucky with my pre designated 10. It started on the old 10 course at the Holwell turn. Fortunately it was a perfect night and I recorded my best time of **24.15**. The next event was the 25 and under the guidance of Alan, I designated the Coventry Road Club Junior 25 as my choice. Again conditions were perfect and I finished with a surprising **1.02.37** getting third place. Other competing Junior Nomads were mostly better than I was but all had bad luck with poor conditions with their designated 10s and 25s and I was leading the competition.

I had never ridden a 50 before and on this occasion I designated the Wisbech 50 in Cambs after lots of training and preparation. A number of Nomads competed in the race

including our best riders. I was disappointed to learn that the other junior riders had all withdrawn from the competition. Effectively, all I had to do was complete the distance to win the medal although it would be a hollow victory. However, I did get a lot of encouragement from the other Nomads who convinced me not to loose heart but do my best over this distance. One studious Nomad, whom I think was named Roy Carrington, worked out a schedule for specific points on the course to aim for a **2.10.00** and, as it was another good day, I was led to believe that if I really listened to the voice of experience, I could do it.

The course was a one-road arrangement with 12½ miles out, a 25 mile retrace passing the finish line at the half way mark and then 12½ miles to the finish. Roy's neatly prepared schedule was taped to the top bar of my road/track fixed wheel Mercian together with a stopwatch clipped to the handlebars.

I was feeling pretty optimistic going to the start line as number 61. But wow what was this? I found my minuteman was the race favourite (I believe his surname was Grint?) from an East Anglian club and who featured well in 'Cycling' magazine's TT results as a top rider at the time. My pusher off joked laughingly "keep up with'im mate and you'll do good time."

At the off, I could still see my minuteman in front of me on the long straight road ahead. He didn't seem to be going that fast. At that point the 'folly of youth' took over and I tried to catch him. I maintained the distance and we both sailed past a lot of riders. At the first turn I had made some ground and was well up on the planned schedule. Foolishly, I decided to really try and catch the elite rider. What a mistake!! I had got quite close at the halfway mark. So much so, that on our approach, a couple of the Nomads at the start finish/line started to shout encouragement to me. This drew the attention of my minuteman who casually looked back and upon seeing me got out of the saddle and accelerated at an incredible rate rapidly opening an ever increasing gap. I looked at my time which through my blurry vision seemed to be about the hour mark. Suddenly the reality of the folly set in and I hit **'the wall'** big time.

I was well in front of the schedule and thought that if I could just keep going, I should be able to cover the rest of the distance within the scheduled time. After all, I was so

far ahead of it anyway, wasn't I? Soon after, I started to feel really awful. My speed slowed down to an agonizing crawl and I was being caught by other riders I had already passed. Then by other riders I hadn't seen before.

At the last turn with 12½ miles to go, I was well down on the schedule and I felt dreadful. It was only the high hopes that others had placed in me that gave me the determination to finish. I eventually finished with a time of **2 hours 19 minutes** and some seconds feeling so completely 'bonked' I could not get off the bike. I don't ever remember feeling that bad either before or after in any TT.

As far as I remember, the race favourite posted a time of about 1.58.00 and I don't even recall if he won. He was a very nice man and at the finish, he came over to see me and advised me that I should not have started so fast. It was then I realized that most of the good riders were 'pacing themselves' for the first half just like the advice on schedule provided to me. Had I listened I could probably have done a much better time and it took me a long time to live down the incident.

I rode a number of 25s after that time but never bettered the first half of the 50 that I did on that fateful day.

I never rode another 50 TT. even when racing as a veteran, it always seemed that I found a good enough reason not to compete.

I still have the Junior Championship medal and the 3rd place plaque from Coventry but nothing from the 50 except a hard lesson that I won't forget.

Mike Toddington
Canada.

Media Watch

The Cycling Weekly has an article this week tracing cyclists through their ages. Starting with 7 to 15 years and ending with 60+.

For the 30 to 39 age group the advice is.

Question of Balance

If they haven't before, time constraints really begin to bite during this decade. Marriage, a family, promotion at work, they bring with them responsibilities and cut into time you have for yourself. Fitting sport into life becomes a balancing act.

For me the best quote came from Malcolm Elliott: **Don't let your age define you. It's a number, that's all.**

THE PARK TOOL SCHOOL
2-DAY CYCLE MAINTENANCE & REPAIR COURSE

 		
8.30 – 10.30	DAY 1 Introduction Basic Mechanical Skills	DAY 2 Wheel Truing
BREAK	15 minutes	15 minutes
10.45 – 13.00	Tyres, Tubes and Wheels Removal and Installation	Brake Adjustment
LUNCH	30 minutes	30 minutes
13.30 – 15.30	Drive Train	Gear Adjustment
BREAK	15 minutes	15 minutes
15.45 – 16.30	Drive Train Bearings, Hub, Bottom Bracket, Headset and Pedals	Stems and Bars Cycle Care and Protection Finish Line CLOSE

COURSE COST: £250 inclusive of VAT & Big Blue Book of Bike Maintenance (Park Tool)
ATG Training will provide all equipment including bikes.
Suitable clothing must be worn in the workshop, no open toed shoes/ sandals

For further details, please Elaine 0161 230 6241
Or e-mail: e.powell@atg-training.co.uk