



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

Our riders have had a busy couple of weeks not only racing our preplanned events but also covering the rescheduled Interclub 15. Well done to those riders who were able to ride the Interclub 15 at such short notice.

Our team in the RTTC time trial Championships gave a very good account of themselves and the club. Hope you were not too sore Pontus. Thanks to Steve for his report.

Thank you to a certain rider who informed me of Andy Herbert's PB for a 10.

Tom Durkin's diary for June should have been in the last issue; unfortunately I received the copy just as I was sending the News.

Please note that the club is holding another children's ride on the 24th August, full details will be in the next issue of the News due at the end of the month.

Frank has responded to the fixed wheel article in the last issue of the News, ok, yes, science has a part to play but I feel that Frank missed the point of the article; his comment was that he felt it was long winded.

If I could write like Matt Seaton, then the article from the last issue is the way that I would describe the sensation of riding a fixed gear. It's all about Soul Frank.

The August issue of the News will be a little overdue because I am off on my hols this coming Saturday and I am due back on the 28th. I will try and send the News by the 1st August, with a report of the Tour on Alpe d'Huez where I will be showing the Nomads colours.

Clive

Results

Final Dave Gudgin 25

1st July

	Time	Handicap
James Cornell	1:01:59	1:01:59
Pontus Axelsson	1:09:30	1:06:24
Toby Blyth	1:10:30	1:01:01

Clive Collins	1:11:30	1:01:53
David Summerell	1:14:12	
John Harrison	1:15:51	
Julian Siedlecki	1:16:30	

Non-Nomads

Andy Stuart	0:59:29
Keith Carne	1:07:40
Helen Shulver	1:12:15
Penny Wylie	1:15:39

Timekeeping and Pushing Off: Frank Turner

Congratulations to James Cornell on winning the Dave Gudgin trophy. James won the trophy from being the scratch rider. In my 26 years with the club I cannot remember the trophy being won off scratch.

James was a clear winner but the difference between second and third was 00.01 mph.

Whitewebbs CC 10

2nd July

Andy Herbert	21:38
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Congratulations to Andy on a PB.

Herts Wheelers 10

5th July

David Ledgerton	25:04
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Winner

Garry Barton	24:19
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RTTC Team Time Trial

Championship 50km

6th July

Hitchin Nomads	1:02:28
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Team: Steve Robinson, Pontus Axelsson and James Cornell.

Winners

DeRosa RT	0:52:07
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Team: Matthew Bottrill, Julian Ramsbottom and Geoff Platts

Well done to the Nomads team.

Interclub 15**6th July**

Andy Herbert	36:45
Michael Webb	38:45
Nigel Tooke	44:50
John Harrison	46:37
Richard Bland	49:04

Competition Result after the first three Events

Event	Date	BRCC	IRC	HNCC
10 miles	20.04.08	489	417	410
25 miles	29.06.08	67	132	181
15 miles	6.07.08	189	91	76
Running	Total	745	640	667

Many thanks to the riders who stepped in at the last minute to cover the rearranged 15 event.

Good luck to our riders who are riding the Interclub 30 event this coming Sunday, which has also been rearranged at the last minute.

Essex Roads CC 25**6th July****Classic Bikes Section**

Nick Senechal	1:12:33
Clive Collins	1:17:14
Frank Turner	1:24:18

Winner

Arthur Knowler 1:10:41

Nick was second in the classic bikes section, his ride included one minute late start due to a loose seat pin and then he had to adjust the seat pin again during his ride and to compound his problems he punctured just after the turn, he was riding on tubs so only a small delay. Well done Nick for keeping going. Clive was second on age handicap.

Standard Solo Section

David Ledgerton 1:08:49

Winner

Tristan Davenne 0:57:36

Briercliffe 10**8th July**

Richard Palmer	24:58
David Ledgerton	26:37
James Spence	27:10
Jason Stuart	28:01
Scott Edwards	28:02
David Summerell	30:08

Timekeeper: Frank Turner

Pushing Off: Clive Collins

Beds Road CC 10**12th July**

Richard Palmer	23:26
David Ledgerton	25:07
Clive Collins	26:52
Richard Bland	29:48

Congratulations to Richard Palmer who was first as the fastest middle marker, and improved his ten time by 34 seconds.

Also a season best for Clive.

North Middlesex & Herts CA 100**13th July**

Clive Collins 5:16:22

50 time 2:31:41

Clive fell apart between 65 and 85 miles.



Trundling along on a Sunday Morning looking for opening time

Medium Gear 25**15th July****72^{inch} Gear**

Neil JJ Fraser	1:05:37
Toby Blyth	1:19:25

Unrestricted Gear

James Spence (PB)	1:09:22
Scott Edwards	1:09:44
Neil R Fraser	1:10:48
David Summerell	1:15:56

Timekeeper: David Ledgerton

Pushing Off: David Rossall

Play the Game Exhibition

Hitchin Nomads are represented at this exhibition at the Hitchin museum.

On show is the history of the Nomads from its formation to the present day.

The exhibition opened last weekend Saturday 12th July and is due to run till the end of August.

If any member visits the exhibition could they write up a report for the News?

Race Report

Nomads fly the Colours

This year's team time trial championship was held over an undulating course in Leicestershire. Due to roadworks they had to shorten the course from the planned 50km to 26.2 miles.

This year's Nomads team comprised James Cornell, Pontus Axelsson and Steve Robinson. With James being in such good form, and clearly the strongest of the trio the pressure was on him to ride at a good pace and not blow the team apart.

The morning dawned very wet with a 20 mph wind thrown in just to make the ride even more unpleasant.

The team gelled really well considering we hadn't had any time to train together and we soon went through the 10 miles in around 22 minutes and were at the half way point in 31 minutes.

All continued to go well right up until 200 metres from the line when Pontus hit a pothole at 30mph and hit the deck. Luckily given that James and I were directly behind him we managed to avoid running the poor sliding chap over and after a pause to put his chain on he was back on his bike and we struggled over the line with a 1:02:28 to finish in 28th place with an average of 25.1mph.

The crash cost us in the region of a minute so dropped us 2 places down the leader board, but the main thing was that Pontus was OK save for a few scrapes cuts and bruises.

After drying out we checked the result board to see that De Rosa won it with 52:07 from Arctic Premier. All in all a good challenging day, and given the weather, wind and crashing not a bad result!!

Steve

Tom Durkin's Diary

It's been a quiet month for me this month as mum and dad went away and then Nan and Grandad went away swell think it was the stress of looking after my brother and me while mum and dad were away.

On the 7/6 was kids club down at Gosling. I took the Penny it was the first time I've done any distance, some of the other lads had a go and they thought it was great fun. On that Sunday it was VCC event at Herne Hill I took 3 bikes 1952 Hopper Roadster, 1970 Peugeot racer and my 42" penny-farthing. I had 2 1st a 3rd and a 4th. It was my first time racing on the Penny and I came 3rd in the adults race. On Friday 13th back at Welwyn for the track league I got one 4th position. On Saturday was down at Hillingdon it was 1/2 hour race on road bikes where I came in 2nd. On that Sunday out again with Granddad doing the VCC Hilly ride did 34 miles. My chain came off and broke 3 and bent 6 spokes. On the 20th was at Welwyn again but had a problem there was no Granddad to push me off and I didn't want my dad so asked a friend of mine dad's to push me off. Then on the 21st was down at Hogs Hill in Hainault for the final race in a series of 4. I only did 3 of the races but I won all 3 I took part in and won the overall series, winning myself £9.

The Beauty of Single Speed Fix.

Following Clive's eulogy in the last NN, let us cast the cold light of science on to the subject in order to prove the point.

For your consideration, I put to you;

THE PRINCIPLE OF

CONSERVATION OF MOMENTUM

In 1687 my mate Sir Isaac came up with his first law of motion; to wit.

'A body will maintain its state of rest or uniform motion unless acted upon by an external force'.

Imagine a pair of bicycle wheels (preferably heavy ones) **PLUS** transmission, are spinning happily at 25 mph. When a retarding force, i.e. gravity comes along, they will try to keep going. The more kinetic energy they have (a function of speed and weight) the longer they will carry on at 25mph.

As the weight is a V important factor and I am unlikely to manage the 25mph bit, I have a nice 1936 Selbach (or a 1946 Bates if you

are not very tall) which I am willing to loan to anyone wishing to carry out an experiment.

Professor F Bike.

July Clubruns

July 20 th	Woburn
July 27 th	Grafham Water

Events

July 20 th	Interclub 30
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August Clubruns

August 3 rd	Village Bistro Little Paxton
August 10 th	Toddington Garden Centre
August 17 th	Van Haage Garden Centre Great Amwell
August 24 th	Children's Ride TBA
August 31 st	No Club Run

August 31 st	<p>Icknield RC 12 hour The Nomads have taken on the responsibility for the feeding in the Icknield RC 12 hour this year. Any help that you can offer would be appreciated.</p>
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CTT Reminder

27 th July	Icknield RC 50	F1
3 rd Aug	Hitchin Nomads CC 25	F1
10 th Aug	Finsbury Park CC 25	F1
16 th Aug	Shaftesbury CC 25	E2
17 th Aug	Beds Road CC 25	F1B
24 th Aug	Redbridge CC 25	E2
30 th Aug	Team Sanjan Design 10	F2A
31 st Aug	Icknield RC 12 Hour	F1/12

Media Watch

The Hot News has to be Mark Cavendish

Mark won his third stage today 17th July and it seems that he is determined to make it to Paris. I say good luck to him and I hope he makes it. He is under pressure from British Cycling to quit before the Alpes so that he can make a full recovery for the Olympics.

Shame that we still have riders failing dope tests, but the positive is that the Columbia team are riding clean.

Late News

Just heard on the radio that Mark has won a fourth stage in the Tour de France.