



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

Please note Richard's appeal for volunteers for the twelve-hour. I think the way the course is set up this year, there could be a bit of a party atmosphere around the feed station weather permitting. The riders will be coming up an incline so their speed will not be that fast (that applies to yours truly anyway) so you will be able to be very clear of the riders needs.

Well the GB cycling team are covering themselves in glory at the Olympics. I think they have delivered on their promise. It is just so fantastic to watch, the only question is, as each event unfolds will there be another world record for GB?

I realise that the media watch item is a bit of a negative in the midst of our cycling teams achievements but I think the point made of associating drug taking with criminality is well made.

It's the last evening ten this coming Tuesday but that's not the end of the season, check the CTT reminder and you will see that there are 25 mile TTs on 6th and 7th September, both of which I have entered.

My thanks to Keith Rapley for sending me the pedal recall, I am not aware that any member rides with these pedals but it's nice to have the information.

Due to unforeseen circumstances the children's ride has been postponed until September, full details in the next issue of the News due for distribution around the 27th August.

Clive

The Icknield RC 12 Hour

Last year the organiser of the Icknield Road Club's 12 Hour, Gordon Hart was ready to call it a day as far as the event was concerned, a combination of diminishing numbers of riders, a diminishing number of helpers and the massive workload involved all began to make it hardly worth the effort. However, he was persuaded to keep it going but asked that we, Hitchin Nomads, help even more by taking responsibility for much of the feeding. The committee agreed.

The date of the 12 hour is fast approaching and with a bigger commitment than in previous years to help with the feeding of this prestigious, local classic event we need volunteers to take turns in helping, the more volunteers we have the less each one will need to do.

This year the course has been more compacted and will involve more circuits of the fifteen miles Orwell circuit. Our job is to provide a variety of feeds, drinks and wet sponges as riders make up to six circuits, depending how quick they are, between about 10:15 and 14:30.

I would like us to have two or three teams of at least five people so that nobody needs to do more than a couple of hours, all you will have to do is be there and hand up as the riders go by. This will give you the added bonus of being in a prime position to cheer on the Nomad riders.

The date for your diaries is 31st August; please contact me, Richard Bland, soon with your offers of help.

Your assistance in this, in order for our club to give a good account of itself, will be much appreciated.

Richard

Results
Victoria CC 10.2
19th July

Richard Palmer	24:33
Winner	
Antony Stapleton	22:59

Briercliffe 10
22nd July

Richard Palmer	24:35
Neil JJ Fraser	24:57
Steve Robinson	25:38
Pontus Axelsson	26:12
Scott Edwards	27:06
James Spence	27:09
David Ledgerton	27:50
Jason Stuart	29:22
David Summerell	29:54

Timekeeper: Frank Turner
Pushing Off: Oran Fraser

Briercliffe 10
29th July

Richard Palmer	24:52
Neil JJ Fraser	25:10
James Spence	26:36
David Ledgerton	26:45
Clive Collins	28:01
Oran Fraser	39:32

Non-Nomads	
Jon Gilham	26:10
Chris Yuill	31:47

Timekeeper: Frank Turner
Pushing Off: Julian Siedlecki

Hemel Hemstead CC 10
2nd August

Richard Palmer	23:37
Winner	
Wouter Sybrandy	20:35

Briercliffe 10
5th August

Steve Robinson	26:05
Pontus Axelsson	27:07
David Ledgerton	27:59
Jason Stuart	28:12

Non-Nomads	
Keith Carne	26:12

Timekeeper: Frank Turner
Pushing Off: Clive Collins

Briercliffe 10
12th August

Richard Palmer	24:31
James Cornell	24:52
David Ledgerton	27:08
Jason Stuart	28:07
Clive Collins	28:12
David Summerell	36:46 Puncture

Timekeeper: Frank Turner
Pushing Off: Ann Collins

Race Report
Shaftesbury 25
16th August

On Saturday afternoon 3 nomads were in action at the Shaftesbury CC Middlemarkers 25 on the E2. Conditions weren't exactly ideal as there was a 15 mph wind making the ride to the turn tough, but the E2 is supposedly one of the fastest courses in the country so good times were possible.

This was proved to be the case by James Cornell who stormed round in 55:41 to record a PB by just over 3 minutes and take 10th place. Steve Robinson wasn't on the top of his game but still took advantage of the fast return leg to record a season PB of 1:01:48 and David Ledgerton also recorded his fastest time of the year with 1:04:07.

The event was won by a James Whatling, a first cat roadie who doesn't ride many time trials, with a very rapid 51:56.

Steve

CTT Reminder

30th Aug	Team Sanjan Design 10 F2A
31st Aug	Icknield RC 12 Hour F1/12
6th Sept	North Middx & Herts 25 F10
7th Sept	Norlond TT Comb 25 F1
13th Sept	Northants & Dist CA 25 N1C
14th Sept	Icknield RC 10 F1B
20th Sept	Cambridge (T&C) 25 E2
21st Sept	Norlond TT Comb 25 F1
5th Oct	Lea Valley CC 25 E1B
5th Oct	Team Cambridge 10 F16

August Clubruns

August 24 th	Willington Danish Camp
August 31 st	No Club Run

September Clubruns

7 th September	Hare Street
14 th September	Willington Danish Camp
21 st September	Forest Centre Marston Moretaine
28 th September	Saffron Walden

Alpine Holiday

Fact file

Just one fact I forgot to include in the last edition of the News.

They have a time trial up Alpe d'Huez every Thursday throughout the summer.

Relationships

“Ok Paganini time to get you ready for tomorrows ride.”

“Don't want to go!”

“So what is the problem?”

“Why did you take Donahue to the Alps instead of me when I had the same size gears as you put on Donahue?”

“Three reasons, one, was that you had mudguards, two, you only have Michelin Tracer tyres whereas Donahue has Michelin pro race 2s which I didn't want to remove and reason three, was that because of your reverse tear-drop frame when I ride you into a corner its like sitting on the edge of a piece of hardboard and I needed a frame that would corner well into the hair –pins, it's a hard world but there it is.”

“What's this? A puncture, ok lets change it.”

“Now that is just sheer bloody mindedness when you have a patch that is leaking, it's just so I will make a fuss of you, ok, ok, I will give you a bit of clean as well.”

Media Watch

I spotted this report in the paper on the opening day of the Olympics

Cheats may kill off sport, says WADA chief

On the eve of the opening ceremony in the Bird's Nest Stadium, John Fahey, president of the World Anti-Doping Agency, painted a doomsday scenario of sports “withering” on the vine unless the poisonous infection of drugs can be significantly stemmed.

Speaking at the Main Press Centre, Jacques Rogge, president of the International Olympic Committee, forecast “between 30 and 40” positive tests in the 15 days of action to come and acknowledged the bleak reality that drugs

in sport, like criminality in society, is here to stay.

Drugs have been around in the Olympic arena since long before Ben Johnson's infamous fall from grace in Seoul 20 years ago: Thomas Hicks was fuelled by strychnine when he won the marathon in St Louis in 1904; and the Danish cyclist Knud Enemark Jensen died during the road race in Rome in 1960 as a result of ingesting amphetamines and nicotiny tartrate. Even the scandal that clouded the Athens Olympics four years ago was still lingering here yesterday, Jacques Rogge confirming that Ekaterina Thanou had been interviewed by the IOC's disciplinary commission, which has yet to decide whether to lift the Olympic ban imposed on the Greek sprinter over the manner in which she allegedly avoided a drug testing team on the eve of the 2004 games. There is also a pending case of the seven Russian athletes who have been suspended on suspicion of tampering with doping samples.

“The public do not have the same confidence that they once had,” Fahey said. “But does that mean we can change sport back to its very essence as a fair-playing concept? We must. Otherwise we are morally bankrupt.

“We are saying to our kids, ‘If you want to succeed, fill yourself up with a mouthful of pills’. And I don't want my grandchildren being recipients of that. I think there are sports who recognise that their sport is in risk of simply dwindling. It ultimately means that the sport will wither if the public marches with its feet and walks away.”

The IOC will be conducting 4500 tests in Beijing and all samples are to be frozen for eight years in case new methods of analysis can retrospectively catch up with the cheats who are ahead of the testing game. There were 3500 tests in Athens four years ago, 26 of them positive. “That extrapolates to 33.3 positive tests here,” Rogge said. We have to be realistic. It would be wrong to be Utopians. Doping is to sport what criminality is to society and there will always be criminality in society. You have approximately 500 million people practising competitive sport around the world. You don't have 500 million saints on earth. But our sacred duty is to reduce to the lowest possible level. We have an obligation to put in place all the means we have, but we cannot hope to have zero doping.”