



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

Just to show that the News is on the pace it will use the current buzzword: 'Credit Crunch', for no reason other than that a lot of people (mainly Bankers) will be thinking seriously about cycling as an alternative form of transport.

I sometimes wonder if the club is a little old fashioned with our emphasis on time trialing as our main competitions in the club, and with the Cycling Weekly asking the question in their last issue whether the BAR competition has any relevance when a 50 something rider can win second place in the competition.

The interesting development in time trialing is the promotion of retro events, like the Essex Roads event that Nick, Frank and me rode earlier this year, and now Planet X are promoting a retro series of 10s and 25s.

My thanks to Richard for his article explaining how the Planet X competition will work.

We came second in the interclub competition, have a good winter, and lets see if we can win the trophy next year.

Good news for next year with the Icknield RC announcing that they are going to run the 12 hour but have moved the date to the 5th July.

My thanks to Tom Durkin for his September diary, having read it, I now need a quite lie down to recover.

See you at the club hill climb this Sunday.

Clive

October Events

October 19 th	Club Hill climb Charlton
--------------------------	--------------------------

After the hill climb we will retire to the Windmill Charlton for a drink and if you wish there are meals available.

October Clubruns

October 19 th	Emily's Tea Rooms Whitwell
October 26 th	Ware Café to be confirmed

Results

Blenheim Palace 20k Circuit

28th September

Steve Robinson	34:10
Paul King	36:24
Winner	
Michael Hutchinson	26:51

Interclub Hill Climb

5th October

Hitchin Nomads CC

	Time	Points
Andy Saunders	2:33:03	24
Neil JJ Fraser	2:40:04	20
Neil R Fraser	3:22:09	12
Jamie Tomlin	3:24:09	11
Toby Blyth	3:38:08	10
Nigel Tooke	3:49:00	07
David Summerell	3:49:09	06
Peter Hanlon	4:19:13	04
Julian Siedlecki	4:22:04	03
Points Total		94

Beds Road CC

M. Cook	2:21:03	25
M. Raw	2:35:02	23
S. Hayes	2:27:02	22
M. Weremko	2:37:04	21
L. Bonito	2:44:03	19
T. Klimkowski	2:56:01	17
M. Anstee	3:06:05	16
J. Roots	3:08:06	15
M. Chudley	3:15:02	13
L. Lewis	3:39:03	09
D. Scollard	4:05:07	05
T. Sykes	5:15:17	02

Points Total 158

Icknield RC

R. Noon	2:47:05	18
B. Gilzean	3:09:04	14
S. Gilzean	3:44:00	08
G. Bush	5:50:00	01

Points Total 41

Congratulations to our riders for putting up a spirited show at the interclub hill climb. Hopefully next year we will go into the hill climb with a few more points in hand so that we are able to claim the trophy.

Interclub Competition Final Points Table after 5 Events				
Event	Date	BRCC	IRC	HNCC
10 miles	20.04.08	489	417	410
25 miles	29.06.08	67	132	181
15 miles	06.07.08	189	91	76
30 (32) miles	20.07.08	173	66	27
Hill Climb	05.10.08	158	41	94
Final Total		1076	747	788

We came second again in the interclub competition this year; unfortunately we had a bit of a hiccup with the 15 and 30 events.

Hopefully we will be more prepared for the competition next year, the club are having a date fixing meeting with the other two clubs to make sure that there are no date clashes as we had this year, this will hopefully clear up the problems we had this year with the 15 and 30 events.

Clive

Blenheim Palace.

On Sunday 28th September Paul King and I rode what has to be the most unique time trial I've ever competed in at Blenheim Palace.

The event was 3 laps of the grounds of the palace, making up a total distance of 20km. With nearly 300 riders (about 100 of whom were new to time trialling) at 30 second intervals, and of course closed roads, it made for a real prologue style atmosphere.

The negatives were that it was freezing cold (6 degrees) at our start time, and we'd both opted for disc wheels on a course that turned out to have a long steep climb in it that made the disc somewhat of a drag!

Still, we blasted our way round, with me finishing in 34:10 and Paul clocking a 36:24. Despite the tight turns, climbs and lack of traffic Michael Hutchinson still managed to average over 27 mph to win it.

Second place in the Brompton race that followed was taken by no less than one Roberto Heras as well! Apparently he was

gutted and somewhat surprised to be beaten by one of our Elite roadies in the fun event.

If you are looking for a fun way to round off your 2009 season, I would definitely recommend it, as it isn't often we get to race in such amazing surroundings and in complete safety away from traffic.

Steve

November Event

November 19th 20.15	Clothing Sale at the Clubroom and Cycle Jumble
---	---

There will be a sale of club kit plus a cycle jumble at the clubroom on November 19th 20.15. Please bring any cycle items that you would think that other members may find useful.

We have been moved from our usual room to the Garden room, which is in the main building. As you enter the building walk straight ahead and the Garden room is the last door on the right.

November Clubruns

November 2nd 08.30 Start	St Neots Richard Bland's Charity Breakfast 10.30
November 9th	Panshanger Aerodrome
November 16th	Moggerhanger Hall
November 23rd	Silver Ball Reed
November 30th	Frosts Garden Centre Wavendon

Tom's September Diary

Hi, had a busy month, went to Hillingdon for a race on 13th Sept. it was a half hour race which I won. Went out for a ride with the V-CC on 14th Sept. Biggleswade tea stop then on to Sandy and on to the Cock at Broom, about a mile from the pub Frank Turner said "c,mon lets have a race for the pub" so we sprinted off as fast as we could swapping the lead as we went, but Frank was too quick, but fortunately he didn't want me to buy the beer. Did a cross country at school it was wicked and I came 5th or 6th. On the 21st it was the East of England Championships Omnium at Gosling Velodrome first was a one lap sprint, which I won, 2nd a one lap flying TT, which I won, followed by a three lap scratch race, which I came second by a tyre, and it was enough to become the under 8s East of England Champion. Hillingdon again on 4th Oct., for the "Festival of Cycling incorporating Cycling Nuts", very windy

down the back straight, and flying up the hill on the front part of the circuit, managed to hang on for a win, the team got second, with a prize of £60.00, which Grandad said, "should be for beer", went to Baldock fair on that evening, went on the Waltzer and a few other rides, but wasn't sick, we then went for a meal as it was Nans birthday. Cyclo cross at Stanborough Lakes on the 11th, came 6th in the under 12s, and out on the Nomads clubrun to Melbourn on the 12th.

Me and Grandad are making a cyclo cross bike up, we have most parts, but we need a pair of Shimano Sora type brake/gear levers and a rear mech, so if you have any kicking about in your garage that you no longer need and don,t want to much for then please let me know. tomthecyclist@btinternet.com

See you,
Tom.

The "Planet X Old School BAR"

What's this all about then? Well about a couple of weeks ago I had a phone call from Ian Cammish, most of you will know or have heard of him, he is a local rider who is a nine times winner of the RTTC BBAR and who has a string of National Championship wins and records under his belt, anyway Ian told me that over a few drinks with a sponsor and team members they got into a discussion on whether cyclists had really got faster or were they benefiting from the modern innovations such as aero bars, aero helmets, disk wheels and the like. They came to a conclusion that the way to find out, would be for riders to compete on bikes of the "Old School"

They wanted to use two 10 and two 25 mile events for the competition and as we, Hitchin Nomads, are running a 25 on the F1 in June he asked if they could use our event as one of the events in their competition, I readily agreed, we had nothing to lose, Planet X will advertise the event in their advert in the CTT Handbook and elsewhere, they will undertake any additional work that is created, additionally anyone who rides in the event will get a prize regardless of whether they are in the "Old School" competition or just riding in the event as they would normally.

Allowing this event to "piggy back" on our Open 25 will have no downside but could help us to get a full field, in fact everyone is a

winner and I think we should be honoured to be one of the chosen few.

Let us hope that some of the faster riders in the country will take up this challenge and establish if they are better than the riders of a few years ago or not, or is their faster speed purely down to technical innovation. I'd like to think the riders are better, after all in other sports people are continually improving even where it is just their body against the clock so why not in cycling?

Richard Bland

Details of the competition on page 4

Icknield RC 12-Hour Event

Gordon Hart organiser of the Icknield RC 12 hour and the Icknield RC committee have decided that the date of the 12 hour event will be moved from its usual first Sunday in September to the first Sunday in July which next year falls on the 5th July.

The reason behind this decision is to try and increase the entry level for the event.

Gordon writes in the result sheet: There will probably be more A road usage in 2009 since running the event in July we can start an hour earlier and spend the extra hour on a very quiet and light A1.

How does this decision reflect on ones season?

On a personal note if I ride the event, then I would hope to do a good ride in our middle markers event at the beginning of August.

December Dates for your Diary

AGM 10th December

Situations Vacant

Within the club rules all committee members are re-elected at the AGM. Currently there are vacancies on the committee for a general secretary and assistant secretary. There are always places on the committee for people who are prepared to give a modicum of time to the club.

If you have any items for the AGM agenda could you please forward them to Richard Bland Chairman and General Secretary.

Christmas Lunch

The Christmas lunch has been booked for the 21st December 12.30 for 13.00 at the Green Man Stanford.

Please contact Frank Turner on 01462 672165 to book your place.

The “Planet X Old School BAR” ground rules then!



Sit down and the back and stop talking Loughran...this is important. The [Planet X Old School BAR](#) IS going to happen. The competition committee convened yesterday (sounds posh that doesn't it...much better than Dave, Brant, Andy and me hit the cheese-cake at “you know where”....in the process of negotiating some sort of sponsorship deal there so until it's officially confirmed it's classified info ok?) and agreed that there's been sufficient interest expressed in the competition to press ahead with it. Well...when I say “sufficient interest”, that's mainly due to the two nice young men we happened to meet on the way to Dave's executive suite. We'd noticed their flash car with writing splashed all over it in the car park as we arrived and as chance would have it managed to get into conversation with them during the course of our pow-wow. Anyway....the pretty coloured little sweets they kept asking us to try certainly tasted nice and Dave certainly took a shine to them. I'm not sure whether or not they were the cause of his erratic and excitable behaviour during the course of the subsequent negotiations that took place but I must admit he played a bloody blinder!!! I couldn't quite keep pace with it all myself (I was ready for my mid day nap - despite the sweets) but the upshot of the shenanigans (sorry ... negotiations) was that we'd found a co-backer for our series!

All I (that is me....Dave said YOU deal with it Cammish) need to do now is to decide on the rules and which events are to qualify. So...let's keep it as simple as possible eh? If everyone enters into the spirit of it there's no problem right? Just don't take the pi55 and we'll be ok!

No aero hats - UCI approved crash hats are ok but make sure there are lots of vents and that it's not one of those Giro, Spuik etc aero ones. Dansk leather “hairnet” crash hats are encouraged...but not obligatory.

No disc wheels. Spoked (16 or more) wheels must be used with rims not exceeding 3cm in depth. No tri bars. Dropped handlebars would score extra points if we were planning to award them...but we aren't...so they won't! - cow horns are ok (surely no-one else but me has still got any of them kicking around have they?).

Two 10s and two 25s (from a specific “yet to be agreed” list of events) to count. The person achieving the highest average of the four average speeds will be the winner.

Overall prizes to go down to 20th position - doubt we'll get that many take part - but surprise us eh? (Good prizes too ... eh Dave?.....where's he gone now?)

We reserve the right to change any rules if we feel they're being abused / we feel we're being taken advantage of / anyone's too bloody fast (that goes for you too Mr Instone!) basically we'll make them up as we go along! But let's stick with that for now eh?

Now...events! Thanks to the remarkable interest expressed by our two new friends (more news about who they are later - we've got to peel Dave from the ceiling first!)...we / they will be willing to donate a little something to every competitor who enters an event which counts towards Planet X's Old School Series - that could be up to 120 freebies for your event! I'll be getting in touch with a few organisers in the next few days but if anyone, in the meantime, would like to open their 2009 event to incorporate our Series then please do let me know won't you? It won't involve any extra work on your part - we're doing this all on trustwe're like that you see (now where's that smiley little icon with the glinting / shining tooth?).

Important Note: We're serious...ok?